



## ABOUT EAT FUEL FLEURISH

Eat Fuel Fleurish is a mobile food delivery service company that specialized in meal preps. EFF's mission is to raise awareness on health & wellness. Miseducation on proper nutrition has lead to obesity with Louisiana being ranked 7th in the nation. There's a misconception that eating healthy means you can only eat fruit, boring salads or tasteless food. Instead of eliminating your favorite foods, Chef Kelsey provides healthier nutrient dense options.

## OUR QUALITY FOOD

We use a special blend of creativity, love and Louisiana flare to prepare every meal.

# MORE INFORMATION

### Phone

(337) 267-8584

### Website

[www.eatfuelfleurish.com](http://www.eatfuelfleurish.com)

### Mail

[info@eatfuelfleurish.com](mailto:info@eatfuelfleurish.com)

### Service Area

Lafayette Parish and Surrounding Areas

Be sure to subscribe to our email list and follow us on social media



# ORDER NOW!

GET 10% OFF YOUR FIRST PURCHASE



**EAT**  
OUR DELICIOUS, WHOLESOME MEALS.

**FUEL**  
YOUR BODY FOR THE DAY.

**FLEURISH**  
INTO THE PERSON YOU WEREN'T YESTERDAY.

# OUR SERVICES

## ✓ Events & Corporate Catering

From elegant cocktail receptions and lavish buffets to plated dinners and themed food stations, our catering services are flexible and customizable to suit your specific event.

## ✓ Home & Intimate Gathering

Immerse yourself in the epitome of culinary luxury with our private dining experience. Indulge in an unforgettable evening where culinary art meets personalized service, creating a dining event tailored exclusively for you and your guests.

## ✓ Cooking Classes

Are you a beginner cook looking to master the basics or a seasoned home cook eager to expand your repertoire, Chef Kelsey will customize the class to suit your goals and culinary preferences.

## ✓ Health Coaching

Whether you aim to improve your physical fitness, manage stress, adopt healthier eating habits, enhance sleep quality, or address any other wellness aspect, our coaching will be tailored to your individual circumstances and preferences.

## MEAL PREPS



### Personal Meal Preps

By purchasing pre-portioned meals, you can ensure that you are consuming appropriate amounts and avoid overeating. You also have the freedom to purchase meal based on your dietary preferences (gluten-free, vegan, etc).



### Family Meals

Meal prepping allows you to introduce a variety of meals and flavors to your family's diet. You have the ability to rotate different recipes, ensuring that everyone's taste preferences are considered and expose your children to new flavors and ingredients.

## MOBILE FOOD DELIVERY SERVICE

Our mission is to make healthier options more accessible and convenient by allowing customers to order food from the comfort of their homes or offices. This eliminates the need to travel to a restaurant, wait in line or spend time cooking. With just a few clicks, you can select a variety of food options and have it delivered directly to you.

## POPULAR MENU ITEMS

### CHICKEN & WAFFLES

AIR FRYER CHICKEN TENDERS, PROTEIN WAFFLES & MAPLE SYRUP

### SHRIMP & GRITS

CREAMY GRITS OR CAULIFLOWER GRITS, SAUSAGE, SHRIMP, CREAM & CHEESE

### SWEET POTATO HASH BOWL

TURKEY SAUSAGE, EGGS, CHEESE, BELL PEPPERS, ONIONS & SPINACH

### HONEY GLAZED SALMON

SALMON, SWEET & SPICY HONEY GLAZE, ASPARAGUS & SWEET POTATOES

### PEPPER STEAK STIR FRY

STEAK, BELL PEPPERS, ONIONS, COCONUT AMINOS & JASMINE RICE OR CAULIFLOWER RICE

### MEATLOAF

GROUND TURKEY OR CHICKPEA LOAF, GARLIC MASH POTATOES & GREEN BEANS

**MEALS CAN BE CUSTOMIZED TO FIT VARIOUS DIETARY NEEDS (GLUTEN FREE, DAIRY FREE, VEGAN, ETC)**