



Training Meals

HealthyNow are **EXPERTS** at fueling athletes, including as the players of PWHL Toronto, Raptors 905 and many others. Our Training Meals help athletes achieve their training goals, save them money, save them time and stress!



Based on our Performance Meals, our Training Meals are customized to suit each elite athletes' specific training needs and goals. Our menu changes from week to week so you never get bored, and we offer a variety of pack durations, quantity of meals per week, and also breakfast options. Conveniently delivered fully prepared to your home on Sundays and Wednesdays weekly to maximize freshness – simply reheat and enjoy!



Our meals are delicious, gourmet quality, reasonably priced and we do not compromise on quality or portion size, or resort to 'shrink-flation' that restaurants and other meals services have.



8 Week Pack Pricing

		8 Weeks													
		5 Days a Week							7 Days a Week						
#	Description	Breakfast Only	1 Meal No Breakfast	2 Meals No Breakfast	3 Meals No Breakfast	Breakfast + 1 Meal	Breakfast + 2 Meals	Break + 3 Meals	Breakfast Only	1 Meal No Breakfast	2 Meals No Breakfast	3 Meals No Breakfast	Breakfast + 1 Meal	Breakfast + 2 Meals	Breakfast + 3 Meals
1	Small athlete, Gain Muscle	\$520.00	\$ 772.00	\$ 1,384.00	\$1,996.00	\$1,132.00	\$1,744.00	\$2,356.00	\$ 664.00	\$1,016.80	\$1,873.60	\$2,730.40	\$ 1,520.80	\$2,377.60	\$3,234.40
2	Small athlete, Get Lean	\$520.00	\$ 772.00	\$ 1,384.00	\$1,996.00	\$1,132.00	\$1,744.00	\$2,356.00	\$ 664.00	\$1,016.80	\$1,873.60	\$2,730.40	\$ 1,520.80	\$2,377.60	\$3,234.40
3	Medium athlete, Gain Muscle	\$592.00	\$ 880.00	\$ 1,600.00	\$2,320.00	\$1,312.00	\$2,032.00	\$2,752.00	\$ 764.80	\$1,168.00	\$2,176.00	\$3,184.00	\$ 1,772.80	\$2,780.80	\$3,788.80
4	Medium athlete, Get Lean	\$592.00	\$ 880.00	\$ 1,600.00	\$2,320.00	\$1,312.00	\$2,032.00	\$2,752.00	\$ 764.80	\$1,168.00	\$2,176.00	\$3,184.00	\$ 1,772.80	\$2,780.80	\$3,788.80
5	Large athlete, Gain Muscle	\$664.00	\$ 916.00	\$ 1,672.00	\$2,428.00	\$1,420.00	\$2,176.00	\$2,932.00	\$ 865.60	\$1,218.40	\$2,276.80	\$3,335.20	\$ 1,924.00	\$2,982.40	\$4,040.80
6	Large athlete, Get Lean	\$664.00	\$ 916.00	\$ 1,672.00	\$2,428.00	\$1,420.00	\$2,176.00	\$2,932.00	\$ 865.60	\$1,218.40	\$2,276.80	\$3,335.20	\$ 1,924.00	\$2,982.40	\$4,040.80

8 week packs can be paid in 2 installments – ½ at start of pack and ½ prior to start of week 5

12 Week Pack Pricing

		12 Weeks													
		5 Days a Week							7 Days a Week						
#	Description	Breakfast Only	1 Meal No Breakfast	2 Meals No Breakfast	3 Meals No Breakfast	Breakfast + 1 Meal	Breakfast + 2 Meals	Break + 3 Meals	Breakfast Only	1 Meal No Breakfast	2 Meals No Breakfast	3 Meals No Breakfast	Breakfast + 1 Meal	Breakfast + 2 Meals	Breakfast + 3 Meals
1	Small athlete, Gain Muscle	\$ 780.00	\$1,158.00	\$ 2,076.00	\$2,994.00	\$1,698.00	\$2,616.00	\$3,534.00	\$ 996.00	\$1,525.20	\$2,810.40	\$4,095.60	\$ 2,281.20	\$3,566.40	\$4,851.60
2	Small athlete, Get Lean	\$ 780.00	\$1,158.00	\$ 2,076.00	\$2,994.00	\$1,698.00	\$2,616.00	\$3,534.00	\$ 996.00	\$1,525.20	\$2,810.40	\$4,095.60	\$ 2,281.20	\$3,566.40	\$4,851.60
3	Medium athlete, Gain Muscle	\$ 888.00	\$1,320.00	\$ 2,400.00	\$3,480.00	\$1,968.00	\$3,048.00	\$4,128.00	\$1,147.20	\$1,752.00	\$3,264.00	\$4,776.00	\$ 2,659.20	\$4,171.20	\$5,683.20
4	Medium athlete, Get Lean	\$ 888.00	\$1,320.00	\$ 2,400.00	\$3,480.00	\$1,968.00	\$3,048.00	\$4,128.00	\$1,147.20	\$1,752.00	\$3,264.00	\$4,776.00	\$ 2,659.20	\$4,171.20	\$5,683.20
5	Large athlete, Gain Muscle	\$ 996.00	\$1,374.00	\$ 2,508.00	\$3,642.00	\$2,130.00	\$3,264.00	\$4,398.00	\$1,298.40	\$1,827.60	\$3,415.20	\$5,002.80	\$ 2,886.00	\$4,473.60	\$6,061.20
6	Large athlete, Get Lean	\$ 996.00	\$1,374.00	\$ 2,508.00	\$3,642.00	\$2,130.00	\$3,264.00	\$4,398.00	\$1,298.40	\$1,827.60	\$3,415.20	\$5,002.80	\$ 2,886.00	\$4,473.60	\$6,061.20

12 week packs can be paid in 3 installments – 1/3 at start of pack, 1/3 prior to start of week 5 and 1/3 prior to start of week 9

Each pack price includes a built in 10% discount on all meals, and delivery to the athlete's home in the Greater Toronto, Kitchener/Waterloo, Niagara Falls, Peterborough and London areas.

Other Training Meals Pack Durations available upon request!

Check out our website at www.HealthyNow.ca/training, or contact us at Christine@HealthyNow.ca or by phone or text at 647-210-0047 to discuss your needs and goals, and our Training Meals.