

News Release
For Immediate Release
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Fresh n' Lean Unveils Clean Ketogenic Meal Line

Anaheim, CA - The largest organic, ready-to-eat meal delivery service [Fresh n' Lean](#) announced today that the company is adding a new meal line to their already expanding brand. In May 2019, the company will be rolling out a clean ketogenic meal plan nationwide; just in time for people who want to kickstart their diets before summer.

“It’s pretty simple, clean keto is focused on real whole foods that are naturally healthier and contain more healthy fats, fiber, vitamins, and minerals. The clean version works better for the body in controlling inflammation and hormone balance.” - Randy Evans, M.A., BS, RD

Healthy eating has never been easy. Is it getting easier? Yes, but when it comes to diets such as keto, it’s not as simple as it should be. Keto is a very difficult diet to commit to via meal prepping, as people must count their macros. Fresh n' Lean takes the headache out of planning and prepping. It’s simple, delicious, and because it’s so easy, customers will stick to their diets longer.



Parmesan Pesto Crusted Salmon with Steamed Cauliflower and Asparagus

Our parmesan pesto crusted salmon with steamed cauliflower and asparagus is so good, it's like bringing a keto-friendly five-star dining experience to your home.

“I think keto is great to jump start weight loss goals, however, like anything else it's really important to know what you're putting into your body. We make it our mission to emphasize quality and integrity in every meal,” says Laureen Asseo, Founder and co-CEO.

But what makes these meals different from other ready-to-eat keto meals?

Keto meals are notoriously known for having a lot of heavy cream, bacon, sour cream, etc. to give it the fat content that the diet requires. The difference between Fresh n' Lean and the other meals out there is that Fresh n' Lean is launching a CLEAN keto plan that strays away from heavy dairy and pork products. You can have meals that are healthy and still high in fat. Fresh n' Lean focuses on healthy fats, such as organic cheese and avocado oil.

About Fresh n' Lean:

Founder Laureen Asseo began preparing healthy meals for friends and family out of her home after her father was facing serious health concerns resulting from years of unhealthy eating in 2010. As demand rapidly grew, Fresh n' Lean expanded into a national meal distributor working towards promoting nutrition education and providing accessibility to wholesome foods. Laureen's brother Thomas Asseo joined in 2011 as co-CEO. With a 55,000 sq/ft operations, the Asseo's lead a talented team toward a healthy eating revolution. Fresh n' Lean specializes in organic dishes made without preservatives, dairy, gluten, hormones, or added sugar.

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