So Cal Meal Prepping Service For Ketogenic Diet Launched

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SoCalFRESH Kitchen is a newly launched business in Temecula, CA, that delivers natural, organic, healthy, fully cooked meals to their customers. Their focus is strongly on healthy eating, and they currently promote the Ketogenic diet. The company is proud to announce that they can now help their clients get the right portions while never missing a meal, and with every ingredient, both vegetable and meat, being organic and natural. The SoCalFRESH meal prep service for the ketogenic diet is proving to be particularly popular.

A representative from SoCalFRESH Kitchen says: "The ketogenic diet is increasing in popularity and for good reason. It is low in carbs and high in fats (the good fats), and has enabled thousands of people to lose significant amounts of weight, while at the same time improving their overall health. We understand the ketogenic diet and encourage anyone to contact us in order to have their own meal plans set up."

All foods offered by SoCalFRESH Kitchen are lovingly prepared, using natural and organic ingredients. As can be seen on the SoCalFRESH Facebook page, this is something their customers have greatly appreciated. "The food is so delicious, everyday I look forward to my lunch," says Mariam A. "Love love everything and I just had Meatloaf ... one of the best ones I ever had and love the sauces ... yummy."

For SoCalFRESH Kitchen, the emphasis is on supporting customers in becoming as healthy as they can be, through proper portion control and the right nutrients. They have a particular focus on the ketogenic diet, because over 20 individual studies have now demonstrated the health benefits of this type of diet. "The ketogenic diet has many fantastic health benefits," adds the representative. "Not only can it help you to lose weight, it also assists in the fight against diabetes and pre-diabetes. Furthermore, if fights against heart disease, cancer, Alzheimer's disease, epilepsy, Parkinson's disease, poly-cystic ovary syndrome, brain injuries, and acne."

Check out Meal plans vs. crossfit in San Diego for more insightfull information about what SoCalFRESH can do for the body and health.

The company is encouraging everyone to follow the SoCalFRESH Instagram page and to share their images of the results and benefits they have experienced since using the company's products.

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SocalFRESH

SoCalFRESH is a family owned and operated business in Southern California. We currently serve south Riverside county, Temecula & Murrieta Valley, and San Diego.

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