SocalFRESH Builds A Link Between Meal Plans And Crossfit San Diego

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SoCalFRESH in Temecula, California, provides pre-prepared meal plans that customers can order and have delivered to their homes in the San Diego area. The company recently stated that their current meal plans are tailored to those with certain dietary restrictions, and that they work perfectly for consumers who are currently doing cross fit exercises.

"Eating right is a major part of any health plan," says a company spokesperson. "Our meals are prepared with the freshest of organic ingredients, which makes them perfect for those in San Diego and Escondido who are currently engaged in cross fit to lose weight or tone up."

The company states that anyone exercising on a regular basis can benefit from their meal plans because what one eats has to do with about 80 percent of overall wellness results. They state that because all of their meal plans include fresh, organic vegetables, they are much healthier than many prepared meals that are bought in stores.

"Frozen foods are not going to give you the nutritional value that you get from freshly prepared meals," says

the company spokesperson. "If you are exercising as a means of losing weight, you want to be certain that you are eating the freshest possible foods to give yourself that added benefit."

The company states that those interested in connecting with others who are currently using cross fit and SoCalFRESH meal plans for overall fitness can do so on the SoCalFRESH Facebook page.

Cross fit is an allover body exercise program that works all muscles and contributes to toning or weight loss as a whole as opposed to working on just one area of the body. Those engaging in cross fit typically do so to lose weight, and generally find their results to be much better when they eat freshly prepared foods without preservatives and those that contain fresh vegetables. The company states that their organic meal plans give exercisers the ability to propel their weight loss forward by ensuring that they are eating healthier while exercising.

Those interested can learn more about the meal plans and connect with the company on the official SoCalFRESH Instagram page.

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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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