UFC Legend Dan Henderson Endorses Temecula Meal Prep Company SocalFRESH

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SocalFRESH, a meal prep company based in Temecula, CA, is proud to announce that they havea new fan in MMA legend, Dan Henderson. Hendo took to Instagram to let everyone know about the business

"I've used SoCalFRESH for about two or three training camps and they were awesome. I didn't have to think about maintaining perfect nutrition and weight because it was done for me. I was able to get lean and still have the energy to perform and train the way I needed to. I felt great."

What Dan Henderson is referring to, is one of the weekly meal plans that SoCalFRESH offers. SoCal offers meal plans with 5, 10, 15, or 20 meals per week. They also offer lifestyle options for those who follow a paleo, vegan/vegetarian, or low-carb lifestyle. Their secret: organic produce, grass-fed beef, pasture-raised chicken, and wild-caught fish, cooked with heart healthy fats like avocado, coconut, and olive oil.

No other meal prep company can confidently refuse the use of refined, processed vegetable oils that are increasingly detrimental to health. SoCalFRESH remains on top of the game because of their promise to an entirely gluten-free, dairy-free, and sugar-free menu. They guarantee that customers never taste anything like

it, while remaining honest to a nutritionally optimal menu, clean protein sources, healthy oils, and cooked meals, ready to delivery every single week.

Each menu is developed by food experts and internationally inspired chefs, which is why like Dan Henderson was able to confidently enjoy his meals and continue to meet his training needs.

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For more information about SocalFRESH, contact the company here:SocalFRESHCal Ajmal(951) 479-6522socalfreshprep@gmail.com27715 Jefferson AveTemecula, California

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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