



Fitlife Foods Partners with Registered Dietitian Brooke Sobh to Transform Healthy Eating

June 01, 2026

TAMPA, FL - June 01, 2026 - PRESSADVANTAGE -

Fitlife Foods announces its partnership with Tampa-based registered dietitian Brooke Sobh, MS, RD, LDN, to advance the company's mission of making nutritious meals accessible and enjoyable for customers across Florida and Georgia.

The collaboration brings together Fitlife Foods' expertise in chef-prepared meal delivery with Sobh's 13 years of experience in nutrition and wellness counseling. This partnership aims to redefine what healthy eating looks like by demonstrating that nutritious food can be both convenient and satisfying without requiring extensive meal preparation or sacrificing flavor.

Sobh, who operates a virtual nutrition counseling practice serving clients nationwide, brings valuable insights into the challenges people face when trying to maintain healthy eating habits. Her approach emphasizes practical, sustainable nutrition strategies that align with Fitlife Foods' philosophy of providing balanced, portion-controlled meals made from quality ingredients.

"People understand the importance of eating well, but consistently implementing healthy habits remains the

biggest challenge," said Penny Primus, VP of Marketing & Customer Experience at Fitlife Foods. "This partnership with Brooke Sobh strengthens our ability to deliver meals that not only meet nutritional standards but also fit seamlessly into our customers' daily routines. Together, we're eliminating the barriers that prevent people from achieving their wellness goals."

Fitlife Foods specializes in fresh, chef-prepared meals that cater to various dietary preferences and nutritional needs. Each FitMeal undergoes careful development to ensure optimal macro balance, combining appropriate portions of protein, carbohydrates, fats, and essential nutrients. The company's menu includes options ranging from high-protein selections to carb-conscious choices, all designed to support active lifestyles without compromising on taste.

The partnership emphasizes education alongside meal delivery, helping customers understand how proper nutrition supports their individual health objectives. Sobh's expertise in macro counting, meal timing, and body recomposition complements Fitlife Foods' commitment to providing meals that are nutritionally balanced and satisfying.

This collaboration addresses a common disconnect in the wellness industry between nutritional knowledge and practical application. While many people recognize the importance of healthy eating, finding time to plan, shop for, and prepare balanced meals often proves overwhelming. The partnership seeks to bridge this gap by combining professional nutritional guidance with ready-to-eat meal solutions.

Fitlife Foods currently operates retail locations throughout Florida and Georgia while also offering eco-friendly home delivery services. The company serves diverse customer segments, including busy professionals, fitness enthusiasts, and families seeking convenient nutrition solutions. Additionally, Fitlife Foods provides corporate meal programs, helping organizations support employee wellness through access to healthy meal options.

Founded in 2011 in Tampa, Florida, Fitlife Foods has established itself as a leader in the prepared meal industry by maintaining strict standards for ingredient quality and meal preparation. All meals are made fresh, never frozen, and contain no artificial ingredients. The company's commitment extends beyond individual nutrition to include environmental responsibility through recyclable packaging and sustainable efforts.

###

For more information about Fitlife Foods, contact the company here: [Fitlife Foods](https://www.fitlifefoods.com)
Fitlife Foods 813-540-4072 | info@eatfitlifefoods.com | 1810 W Kennedy Blvd. Tampa, FL 33606

Fitlife Foods

Fitlife Foods offers fresh, chef-crafted meals made from clean ingredients and balanced macros. Our made-from-scratch dishes deliver bold flavor and real nutrition, helping busy, high-performing people stay consistent without sacrificing taste or time.

Website: <http://www.eatfitlifefoods.com>

Email: ffinfo@eatfitlifefoods.com

Phone: 813-540-4072

fitlife  foods
powerfully good.