



# WELCOME SERIES

## 1.Welcome

[MY MEALS](#) | [PREFERENCES](#) | [RATE MEALS](#)



*Welcome to Freshly*

**WE'RE SO EXCITED  
TO COOK FOR YOU**

We started Freshly because we believe eating fresh, nutritious dishes every day should be easy for everyone. So we're happy to do all the work for you while you take a load off (you deserve it, we can tell).


**Every week, we'll:**

- Expertly cook your food to order so it's fresh and delicious
- Tell you about a new meal we've added to our menu
- Source the highest-quality, all-natural, nutrient-dense ingredients

We'll make sure that worrying about what's for dinner (and breakfast and lunch) is a thing of the past.


**Thanks for joining us!**

*Sincerely,*  
**MIKE AND CARTER**  
*Freshly Co-Founders*



Have questions about what to expect from your delivery?

[READ OUR FAQ](#)



≡ FEED YOUR FRIENDS ≡






**GIVE \$20 • GET \$20**

Share \$20 off Freshly with your friends, and you'll get \$20 for every friend who joins.




[SHARE FRESHLY](#)

*Cheers,*

≡ THE FRESHLY TEAM ≡




**CONTACT US**



[FAQ's](#) | [WHY FRESHLY?](#) | [ORDER CENTER](#)

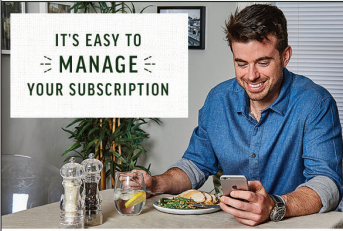
# WELCOME SERIES

## 2. Subscription




MY MEALS | PREFERENCES | RATE MEALS

IT'S EASY TO  
MANAGE  
YOUR SUBSCRIPTION




Your first week of Freshly meals are on the way and we hope you love them! We wanted to give you a few tips for navigating your subscription so you can easily make updates to your second order.


GET TO KNOW YOUR MEAL PLANNER



Your **meal planner** is the place to make **changes** to your upcoming orders, like choosing your meals, meal plan, delivery day, or address.




You'll always be able to view your **weekly cut-off to make changes** in your meal planner, and we'll send you a weekly reminder, too.



Need a week off? You can **easily skip a week** (or three) with the press of a button.


GO TO MEAL PLANNER

HOW TO CHANGE YOUR  
SUBSCRIPTION SETTINGS



To make long-term changes (like a new preferred delivery day), you'll see a link to your subscription settings in your meal planner.


GO TO MY ACCOUNT



UP CLOSE AND  
NUTRITIONAL

On top of being able to dig into the details on any meal (ingredients, allergens, nutrition), you can also set your account's dietary preferences.

Set preferences








WE'RE HERE  
TO HELP




Have questions? You can live-chat, call, or email our friendly team of customer care specialists every day of the week from 6 AM to 11 PM PST.

Contact us

See you soon,  
THE FRESHLY TEAM



CONTACT US



FAQ's | WHY FRESHLY? | ORDER CENTER

WELCOME SERIES

3. Meal Optionality

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

FIND YOUR  
NEW FAVORITES

Every week, our chefs develop a brand new meal with you in mind.

VIEW MENU

IF YOU LIKED THIS MEAL ...

SOUTHWEST CHICKEN BOWL

with Creamy Potatoes & Spinach

Protein: 50g | Calories: 510

*We think you'll love these:*

STEAK PEPPERCORN

with Sautéed Carrots & Asparagus

Protein: 50g | Calories: 510

JAMAICAN-STYLE JERK CHICKEN

with Mango Salsa & Brown Rice

Protein: 39g | Calories: 490

PENNE BOLOGNESE

Protein: 35g | Calories: 620

Season to taste  
MAKE EACH MEAL  
YOUR OWN.

Squeeze fresh  
lemon here

Add freshly cracked  
pepper for extra kick

Check out our meal descriptions  
for more easy suggestions.

FIND MORE INSPIRATION

show us  
HOW YOU FRESHLY

Share your meal hacks  
using #howifreshly  
on Instagram

FOLLOW US


Cheers,  
THE FRESHLY TEAM

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# WELCOME SERIES

## 4. Rate Meals




MY MEALS | PREFERENCES | RATE MEALS






Our chefs work for months on each meal to make sure every bite is amazing (because food that's good for you should taste good, too!). When we launch a new meal every week, the work doesn't stop.



**YOUR OPINION  
MAKES A DIFFERENCE.**

Our chefs look at your customer feedback every single week to help make your meals the best they can be, determine what we should add to the menu, and make sure everything we cook up in our kitchen is consistently up to our high standards.

RATE YOUR MEALS




**STEAK PEPPERCORN**

Here are some changes we made to one of our most popular meals based on what our customers had to say.

Double-whipped for a smoother texture

Swapped out the side for a veggie fave






New marinade so the steak is extra tender






RATE YOUR MEALS

Kindly,

THE FRESHLY TEAM



**CONTACT US**   

FAQ | WHY FRESHLY? | ORDER CENTER