




NEW MEAL EMAIL EVOLUTION

—
2016 - 2019

FRESHLY

NEW MEAL




New England Style Cod

In cod we trust! Roasted to flaky perfection and topped with fresh lemon sauce; this dish sits over a bed of savory quinoa pilaf.

VIEW MY MENU

NEW MEAL




Caribbean Chicken

An island vacation for your taste-buds. Topped with pineapple chutney and a side of coconut rice.

VIEW MY MENU

NEW MEAL



Four Bean and Roasted Corn Chili

Brimming with texture and full of flavor, our chefs put a healthy twist on this classic dish.

VIEW MY MENU

Meal Planner | FAQs | Our Mission

[support@freshly.com](#) | [1-844-FRESHLY](#)

Copyright 2017, Freshly. All rights reserved.
610 S. 56th Ave, Phoenix, AZ 85043


If you prefer not to receive emails like this from Freshly, you may unsubscribe [here](#).

FRESHLY

INTRODUCING

PEACH BALSAMIC PORK CHOP

with Glazed Carrots & Broccolini




Protein: 37g | Calories: 470

We bring the flavors of the Southwest alive in this dish with our smokey chipotle salsa! Shrimp with roasted bell peppers and sweet onions are topped with a zesty chipotle salsa. Served with a Freshly spin on the traditional Mexican street fare, Elote.

UPDATE MY MEAL PLANNER

TRY OUT MORE POPULAR DISHES

NEW MEAL




SHRIMP-FAJITA WITH MEXICAN STREET CORN

Protein: 37g | Calories: 470

Shrimp with roasted bell peppers, onions, chipotle salsa served with a Freshly spin on the traditional Mexican Elote.

ADD TO MEAL PLANNER

NEW MEAL



CHICKEN PARM WITH BROCCOLI

Protein: 37g | Calories: 470


Shrimp with roasted bell peppers, onions, chipotle salsa served with a Freshly spin on the traditional Mexican Elote.

ADD TO MEAL PLANNER

Your meals are scheduled to arrive on
Tuesday, February 14th.


REVIEW MY ORDER

1




BLT Omelette
w/ cheese

2



Burgundy Glazed Steak Brussel Sprouts & Sweet Potato Cakes

2




Jamaican-Style Jerk Chicken Mango Salsa & Brown Rice

Update your meals here.
Help us improve our menu!


RATE LAST WEEK'S MEALS

Iterations of new meal “strips” below hero image.


NEW MEAL




NEW MEAL




NEW MEAL




TOP MEAL



NEW MEAL






SOUTHWEST CHICKEN BOWL

with Creamy Potatoes & Spinach


Protein: 50g | Calories: 510



STEAK PEPPERCORN

with Sautéed Carrots & Asparagus


Protein: 33g | Calories: 500



JAMAICAN-STYLE JERK CHICKEN

with Mango Salsa & Brown Rice

Protein: 39g | Calories: 490



PENNE BOLOGNESE


Protein: 35g | Calories: 620

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

YOUR GETTING XX OFF YOUR MEAL

NEW MEAL




CHICKEN LIVORNO
With White Beans & Kale

Named after an Italian port city on the western coast of Tuscany, this dish is a nod to the region's cuisine: rustic, simple, hearty.

SEE MENU

MORE ABOUT THIS MEAL




STEW ON THIS

We simmer creamy Great Northern beans with earthy kale, fire-roasted tomatoes, smoky bacon, and a subtle mixture of veggies for added texture and flavor.

SPICE IT UP

Around these parts, we love to top this dish with a sprinkle red pepper flakes and a generous shake of Frank's hot sauce.



SEE MENU

Stay Hungry,
THE FRESHLY TEAM

f

i

p

YouTube

s

CONTACT US


FAQ's | WHY FRESHLY? | ORDER CENTER

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

YOU'RE GETTING XX OFF YOUR MEAL

NEW MEAL




CHICKEN TIKKA MASALA
with Vegetable Biryani

This popular Indian dish is a takeout hit for a reason—it's comfort food at its finest, perfect for a cozy night in.

SEE MENU

WHY IT'S SPECIAL




THE SAUCE

Our creamy masala sauce is made up of tomato, onion, and a complex mixture of spices, thickened with Greek yogurt, and tossed with juicy roasted chicken thighs.

Learn More

THE SIDE

We pair it with a vegetable biryani on the side: basmati rice, diced carrots, greens beans, and peas, and a fragrant blend of spices, including cardamom and cinnamon, star anise, and mint.



Learn More

SEE MENU

Stay Hungry,
THE FRESHLY TEAM

f

i

p

YouTube

s

CONTACT US


FAQ's | WHY FRESHLY? | ORDER CENTER

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

YOU'RE GETTING XX OFF YOUR MEAL

NEW MEAL




MEDITERRANEAN SHRIMP BOWL

There are so many great ingredients in this high-fiber dish, we almost don't know where to start! You'll want to give this one a good mix so you get a little bit of everything in each yummy spoonful.

SEE MENU

UNDER THE (MEDITERRANEAN) SEA




ALL ABOUT THAT BASE

The bowl's base is a fluffy "pilaf" made up of French green lentils and quinoa that we mix with a variety of bright roasted veggies and a flavorful tapenade of artichokes, olives, and tomato.

View Nutrition

EVERYONE'S FAVORITE CRUSTACEAN

The whole thing is topped with a tangy lemon-oregano vinaigrette, a generous helping of crumbled Feta, and a layer of shrimp (chemical free).



Learn More

SEE MENU

Stay Hungry,
THE FRESHLY TEAM

f

i

p

YouTube

s

CONTACT US


FAQ's | WHY FRESHLY? | ORDER CENTER

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

YOU'RE GETTING XX OFF YOUR MEAL

NEW MEAL




COD CAKES
with Southern Succotash & Herb Potatoes

Our chefs created this playful dish for fish lovers and fish dabblers alike. (Inside scoop: this dish has made a big splash around the Freshly office, getting rave reviews from the hungry sharks around here.)

SEE MENU

WHY WE LOVE IT




GONE FISHIN'

We balance cod's delicate flavor with a vibrant mix of roasted veggies, Parmesan cheese, and fragrant herbs and spices, and top the fish cakes with a tangy chipotle vinaigrette.

Learn More

SPILLING THE BEANS


We cooked up two sides to round out this high-fiber dish: roasted herb potatoes made with nutrient-filled, skin-on red potatoes and a colorful Southern succotash of lima beans*, corn, and bell peppers.



View Nutrition

SEE MENU

*Lima let you finish, but Freshly had one of the best succotash of all time. (OK, that's our last corny pun.)



CHEF TIP

Bring out the bright flavors with a squeeze of fresh lemon or a sprinkling of red pepper flakes.

Stay Hungry,
THE FRESHLY TEAM

f

i

p

YouTube

s

CONTACT US


FAQ's | WHY FRESHLY? | ORDER CENTER

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

YOU'RE GETTING XX OFF YOUR MEAL

IT'S BACK!



SHRIMP SCAMPI

Sautéed shrimp in a buttery lemon-wine sauce, marinated artichoke hearts, oven-roasted tomatoes, and a pinch of parmesan. High in protein, super-packed with flavor—shrimply the best.

VIEW MENU

f

i

p

YouTube

s

CONTACT US

FAQ | WHY FRESHLY? | ORDER CENTER


Note: Refresh 1 of new meal incorporates full meal image instead of strips of images. Bottom section highlights add ons, spices, ingredients, etc.

FEB 2018

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

NEW MEAL



GARLIC AND HERB SHRIMP

with Ratatouille and Quinoa

This spicy shrimp dish is low in calories, high in fiber, and packed with flavorful veggies.

SEE MENU

CLEAN CRUSTACEAN

We place chemical-free shrimp tossed in an herb oil on top of a rich ratatouille of zucchini, red bell peppers, eggplant, tomatoes, and spices.


QUIN-WHAT?!

Quinoa is a plant-based protein often used as a hearty grain alternative. In this meal, we serve it on the side cooked with onion, carrots, celery, and bell pepper.

SEE MENU

CHEF TIP

If you like a little extra spice, add a sprinkle of chili flakes to the top. Our fave is adding fresh lemon before mixing all the ingredients together.



GARLIC HERB SHRIMP





with Ratatouille and Quinoa

Protein: 25g | Calories: 380

Qty: 4

f | i | p | You Tube | t

CONTACT US


FAQ | WHY FRESHLY? | ORDER CENTER

JULY 2017

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

IT'S BACK!



CHICKEN TIKKA MASALA

with Vegetable Biryani

This popular Indian dish is a takeout hit for a reason—it's comfort food at its finest, perfect for a cozy night in. This new version is fewer than 500 calories, high in fiber and potassium, and now includes chickpeas.





VIEW MENU

Cheers,

THE FRESHLY TEAM

f | i | p | You Tube | t

CONTACT US


FAQ | WHY FRESHLY? | ORDER CENTER

SEP 2017

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

NEW SIDE



SAUSAGE & PEPPERS

with Tomato Rice

If you're a fan of our sausage and peppers, you now have two ways to enjoy the meal: with the original cauliflower rice side and an added option with long-grain rice.

UNSKIP WEEK

ABOUT POLIDORI SAUSAGE





All of the sausage in our meals is provided by Polidori, a 4th-generation, family-owned producer. Polidori uses only the finest cuts of pork with all-natural spices—no MSG or preservatives.

Cheers,

THE FRESHLY TEAM

f | i | p | You Tube | t

CONTACT US


FAQ | WHY FRESHLY? | ORDER CENTER

MAY 2017

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

NEW MEAL



GOLDEN BEET VEGGIE BOWL

Consider this bowl a heaping helping of plant power, featuring a base of red and white quinoa, rustic root veggies, cauliflower, and pumpkin seeds.

TRY US AGAIN

CHEF TIP





To bring out the bowl's bright flavors, add fresh chopped basil before mixing the whole thing up.

Cheers,

THE FRESHLY TEAM

f | i | p | You Tube | t

CONTACT US


FAQ | WHY FRESHLY? | ORDER CENTER

JUNE 2018

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

NEW MEAL



SOUTHERN-STYLE ALMOND CHICKEN

with Sautéed Apples & Zucchini-Corn Muffin

We coat our Southern-style chicken with gluten-free cassava flour, chopped almonds, and sesame seeds, and serve it over a sweet-and-savory apple compote with a veggie muffin side.

SEE MENU

CHEF TIP





Kick it up a notch with a drizzle of hot sauce and honey over the whole thing.

Cheers,

THE FRESHLY TEAM

f | i | p | You Tube | t

CONTACT US

FAQ | WHY FRESHLY? | ORDER CENTER

Note: Refresh 3: Simplified new meal email removes the bottom section of the “add-ons” with a Chef Tip replacement.

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

BERRY PORRIDGE

with Chocolate-Coconut Muffin

We hope you're enjoying berry season by sprinkling berries everywhere you can. Luckily for you, our breakfast porridge comes with a blueberry and raspberry compote on top, adding an antioxidant-boost of vitamin C to this dish.

VIEW MENU

BONUS!

The gluten-free chocolate-coconut muffin on the side is made with almond butter, banana, chopped almonds, a touch of honey, cocoa, and coconut.

IT'S BACK!

PORK CARNITAS

with Spanish Rice & Beans

VIEW MENU

CONTACT US

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

NEW MEAL

BEEF LASAGNA

with Spinach Pasta Sheets

Our take on the comforting Italian classic starts with the pasta: we use gluten-free spinach sheets for an added pop of nutrition (and color!).

VIEW MENU

CHEF TIP

Want to spice it up? Our chefs recommend adding a few shakes of red pepper flakes and grated parmesan.

TRY US AGAIN

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved.
115 E. 23rd St., 7th Floor, New York, NY 10010

JULY 2018

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

TAKEOUT TAKEDOWN

When your summer gets busy, you can still skip the takeout with our delicious versions of carry-out classics.

CHICKEN TERIYAKI

with Brown Rice & Veggies

Our clean teriyaki sauce is made with organic tamari, garlic, ginger, and unrefined organic coconut sap for sweetness (instead of refined sugars or corn syrup, like typical teriyaki sauces).

VIEW MENU

CHICKEN TIKKA MASALA

Our version of the popular takeout dish with 'naan' of the guilt.

SICILIAN-STYLE CHICKEN PARM

Craving Italian but cutting back on carbs? You're gonna love this one.

VIEW MENU

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved.
115 E. 23rd St., 7th Floor, New York, NY 10010

JULY 2018

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

BLACK BEAN & SWEET POTATO PATTIES

with Spicy Shredded Broccoli

Backyard BBQers beware, you've got some competition. Meat-eaters and vegetarians alike will delight in this new dish.

VEGETARIAN

A mix of mashed sweet potatoes, spinach, black beans, and brown rice.

VIEW MENU

MAKE YOUR OWN LETTUCE WRAP TOPPINGS BAR

It's National Grilling Month, but you may be a little burgered out. Whether it's our new veggie patties or another Freshly filling, there are easy ways to get a burger feel without the actual burger. Find some veggie lettuce wrap inspo on the blog.

CHECK IT OUT

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved.
115 E. 23rd St., 7th Floor, New York, NY 10010

SEP 2018

FRESHLY

MY MEALS | PREFERENCES | RATE MEALS

NEW MEAL 101:

KOREAN-STYLE SHRIMP

with Stir-Fry Rice

Chemical-free shrimp

Sauce sweetened with honey, coconut sap, apple & peach purée (not refined sugar)

Full cup of veggies

Edamame for plant-based protein

CHEF TIP

Add a sprinkling of sesame seeds & fresh lime juice

VIEW MENU

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved.
115 E. 23rd St., 7th Floor, New York, NY 10010

Note: Refresh 4: Lighter/white background to find stock photos to supplement non-existent photography

FRESHLY

MEXICAN-STYLE CHILI OMELETTE

with Salsa Roja & Masa Cakes

NEW MEAL

If you're looking for a high-protein breakfast, this meal features the ultimate super combo: all-natural ground turkey (in the chili) over a cage-free omelette.

PROTEIN POWER

DID YOU KNOW?

The omelette comes with gluten-free baked masa (ground corn) cakes. Masa flour has a nutritional profile that's better than whole corn—it's easier to digest and has more B vitamins, minerals, and an improved protein quality.

VIEW MENU

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved. 115 E. 23rd St., 7th Floor, New York, NY 10010

FRESHLY

PESTO CHICKEN

with Zucchini Noodles

NEW MEAL

Our spiralized zucchini noodles (zoodles!) are a lower-carb alternative to traditional pasta, and clock in at over a cup of veggies. Add in juicy chicken and seasoned tomatoes, and you've got the perfect summer dish.

NUT-FREE PESTO

Made from basil, parmesan, & cauliflower purée

UNSKIP

MAKE BASIL YOUR BAE

WITH 2 EASY PAIRINGS

VIEW MENU

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved. 115 E. 23rd St., 7th Floor, New York, NY 10010

FRESHLY

NEW MEAL 101:

SLOW-COOKED PORK

with Sautéed Kale & Roasted Carrots

You know what they say—it's important to stop and smell the roasted carrots once in a while. Take a moment to dig into the details of this slow-cooked dish.

PALEO-FRIENDLY

Kale cooked with nitrate- & sugar-free bacon

Shredded pork (high in protein, good source of iron)

Roasted carrots tossed in garlic-parsley oil

Dairy-free gravy made with rosemary & thyme

DOUBLE THE VEGGIE SIDES = HIGH FIBER

VIEW MENU

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved. 115 E. 23rd St., 7th Floor, New York, NY 10010

FRESHLY

NEW MEAL 101

TERIYAKI SALMON CAKES

with Brown Rice & Green Beans

VIEW MENU

Made with potato, Greek yogurt, and cage-free eggs

Brown rice, a good source of fiber

Clean teriyaki sauce made with organic tamari & unrefined organic coconut sap (instead of refined sugars)

Green beans tossed in sesame-garlic oil and chili flakes

CHEF TIP:

Try sprinkling fresh chopped scallions or sesame seeds over the whole meal.

VIEW MENU

WOOHOO, OMEGA-3s!

Want to know why omega-3 fatty acids are all the rage? Our Head Nutritionist broke it down for us on the blog.

READ MORE

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

Copyright 2018, Freshly, Inc. All rights reserved. 115 E. 23rd St., 7th Floor, New York, NY 10010

FRESHLY

IT'S BACK!

SOUTHWEST VEGGIE BOWL

with Cilantro-Lime Vinaigrette

A vegetarian spin on one of our customer faves, this returning bowl has the 3 Vs: veggies, vibrance, and (a really tasty!) vinaigrette.

VIEW MENU

CHEF TIP:

And when it comes to veggie bowls, more is more: try adding your favorite hot sauce, fresh avocado, and an extra squeeze of lime. Or toss with chopped romaine for even more color and texture.

VIEW MENU

NEW FALL SIDE

CHICKEN & RICE PILAF

with Green Beans & Butternut Squash

Get Thanksgiving-ready with this fall-inspired seasonal side: green beans tossed with roasted butternut squash (high in fiber and potassium) and tart dried cranberries.

VIEW MENU

VIEW MENU

FRESHLY

NEW MEAL 101:

LEBANESE-STYLE BEEF MEATBALLS

Just when you thought meatballs couldn't get more delicious we added a Middle Eastern twist with an herbaceous blend of spices and tangy feta cheese.

VIEW MENU

High-protein ground beef

Vitamin- and fiber-rich sautéed veggies

Almonds for a dose of healthy fat



ONLY 540 CALORIES

CHEF TIP:

Add a refreshing twist to the dish by adding a dollop of Greek yogurt, a squeeze of lemon, and fresh mint.

New protein option!

MOROCCAN-STYLE CHICKEN TAGINE

Looking for a protein boost? We've added grilled chicken breast to our fragrant vegetarian fan-fave—so now you can have your tagine and power-up, too.

VIEW MENU

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

FEBRUARY 2019

FRESHLY

NEW!

KOREAN-STYLE CHICKEN BIBIMBAP

We brought all the toppings with our newest dish that pairs brown rice with veggies two-ways, a spicy red chili sauce, and sooo much more.

UNSKIP

High-fiber brown rice

Tangy pickled mushrooms and carrots

Lean chicken breast for protein

Bok choy for vitamins A, C, and K



PLUS, A VEGETARIAN VERSION!

We pair nutrient-rich veggies with plant protein (hey, edamame!) and almonds for a hit of healthy fat.

UNSKIP

LET'S BOK ABOUT IT!

Just like its cousins, broccoli and cauliflower, bok choy is a nutritional powerhouse from the cabbage family. Filled with a variety of vitamins, minerals, and antioxidants, this cruciferous has got your back.

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

MARCH 2019

FRESHLY

NEW ON THE MENU

RANCH CHICKEN

Chicken. Ranch. Bacon. Enough said. Oh, and let's not forget those cakes.

VIEW MENU

Vitamin-rich broccoli cakes

Nitrate/nitrite- and sugar-free bacon

Ranch made with Greek yogurt

High-protein chicken breast



WE KEEP OUR RANCH CLEAN

Condiments can be a sneaky culprit of added sugars, artificial preservatives, and excess sodium. But rest assured, our house-made sauce forgoes the gunk and has nearly 60% fewer calories than store-bought.

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

MARCH 2019

FRESHLY

BACK FOR SPRING

PESTO TURKEY MEATBALLS

with Zucchini Noodles

We put the oodle in noodles with our twist on this classic pesto-y dish featuring spiralized zucchini noodles, juicy turkey meatballs, and a fragrant nut-free pesto.

VIEW MENU

Bruschetta-style tomatoes with balsamic vinegar

Basil pesto featuring puréed cauliflower for added nutrients

1+ cup of veggies in every meal

Turkey meatballs made with oats instead of breadcrumbs



CRAZY FOR ZOODLES

We're lightening up one of our pasta dishes for spring with spiralized zucchini noodles, a lower-carb alternative to typical pasta. Did you know that zucchini has more potassium than a banana? Wild!

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ

APRIL 2019

FRESHLY

NEWLY ADDED

TURKEY & SWEET JALAPEÑO RELISH

Gobble up our latest dish featuring ancient grains, cayenne-roasted veggies, and an apple-jalapeño relish.

VIEW MENU

Hearty grain base of red rice and sorghum

Tender sous-vide turkey breast

Sweet jalapeño relish with apples and honey (instead of refined sugars)

Roasted veggies with sunflower seeds for healthy fats



WHAT'S OLD IS NEW

If you're looking for a high-fiber, high-protein grain then we've got you covered! Meet **sorghum**—it's an ancient grain (like quinoa!) that's high in natural nutrients since it's gone unchanged for several hundred years. Who said out with the old, in with the new, anyway?

CONTACT US

LET'S CONNECT

Download on the App Store

PRIVACY POLICY | TERMS & CONDITIONS | FAQ