### FIRST THINGS FIRST!



- FILL YOUR FRIDGE -

Take a minute to settle your meals into their new home.



- RECYCLE THE BOX

Get the lowdown on disposing the rest on each piece of packaging.

## WE'RE SO EXCITED YOU'VE JOINED THE FRESHLY FAMILY.

### If you have questions

just give us a shout on the website or app. We're big talkers and good listeners.



Call or text

1-844-373-7459

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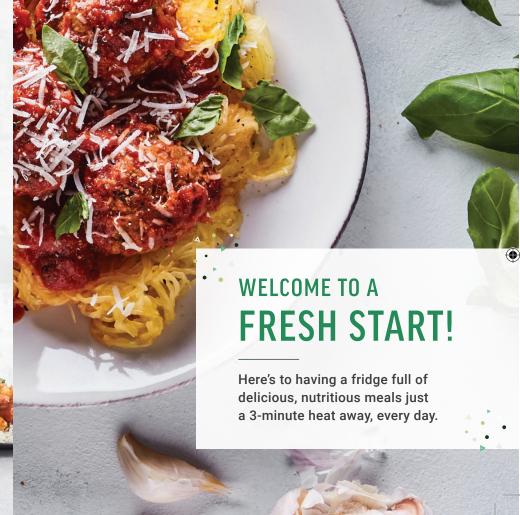
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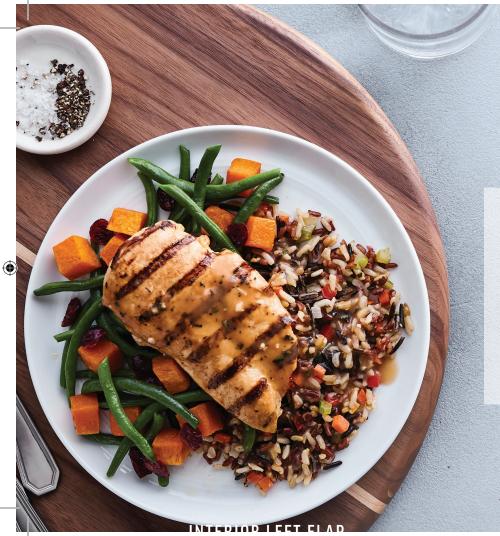
freshly.com/contact

Email

contact@freshly.com







# TOP TIPS FOR FRESHLY NEWBIES



### EASILY MANAGE YOUR SUBSCRIPTION

Go to your Meal Planner to make changes to upcoming orders, like skipping a week (or three!) with one button.



### TRY NEW MEALS **EVERY WEEK**

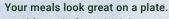
With a new dish launching weekly, you can always find something to love on our rotating menu.

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#### MAKE EVERY MEAL YOUR OWN

Our chefs recommend adding your own special flare to match your tastes—spices, hot sauce, or any extras you're into.



(If our chefs could deliver them plated, they would.)







Need to update on the go?

Download our app.



