

## 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



**Chat**  
[freshly.com/contact](https://freshly.com/contact)



**Email**  
[contact@freshly.com](mailto:contact@freshly.com)



FRESHLY®

## WELCOME TO A FRESH START!

Here's to having a fridge full of delicious, nutritious meals just a 3-minute heat away, every day.



# 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.



## 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.

Your meals look great on a plate.  
(If our chefs could deliver them plated, they would.)

Need to update on the go?  
Download our app.

