HOW WE BUILT A HEALTHY MEAL SYSTEM FOR BUSY FOUNDERS



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THE ORIGINAL PROBLEM

Modern life makes healthy eating harder than it should be. Busy schedules, decision fatigue, and constant convenience temptations often push nutrition to the bottom of the priority list.



PRINCIPLE 01:

Make it default

- Prepped meals, ready to go
- Same weekly rhythm
- Less decision fatigue

PRINCIPLE 02:



Scale the proces

- Shared kitchens → facility
- Quality checks matter
- Repeatable output wins

v+b

ROUTINE IS THE REAL "HEALTH HACK".



FOLLOW FOR OPERATOR NOTES ON FOOD + SYSTEMS