

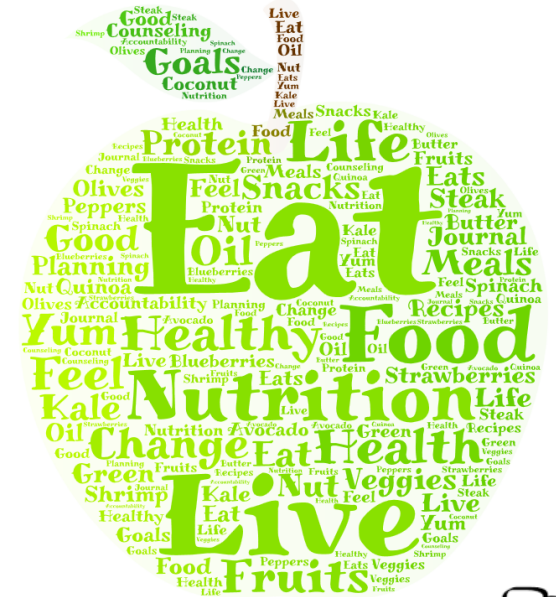
Think no more, you can now eat clean easily and still enjoy delicious food!



Have them deliver to your workplace /office (1mk or Plaza mk) or self-collect at Real Food.

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

-Ann Wigmore



Thinking of what to eat today?

**5 DAYS
CLEAN EATING
CAMPAIGN**

(A) Eat Clean RM145 (save 52.32)

(M) Veggie Omelette + Mini Banana Cake

(T) Beetroot Burger

(W) Fried Quinoa

(T) Dumpling Noodle Dry

(F) Quinoa Salad + Mini Banana Cake



(B) Eat Clean RM150 (save 50.16)

(M) Rise & Shine + Mini Banana Cake

(T) Pesto Pasta

(W) Tom Yam Soup Noodle

(T) Pesto Sandwich

(F) Chickpea Cake Salad + Mini Banana Cake



Each meal comes with “It’s All Good Healing Tea”:

- Troubled times (Relieves muscle aching)
- Listen to your heart (Strengthens heart & circulation)
- Calm your nerves (Relaxes tension)
- Liberate your liver (Enhances liver detox)
- Soothing throat (Moistures throat)



Every 35 days, your skin replaces itself. Your Liver, about a month. Your body makes these new cells from the food you eat. What you eat literally becomes you.

You have a choice in what you’re made of.



-EAT WISELY-

Why Eat Clean?

Clean eating is a deceptively simple concept. At its simplest, clean eating is about eating whole foods, or “real” foods — those that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible.

Benefits?

- ✓ You’ll have more energy, clearer and glowing skin
- ✓ You’ll improve how your body functions
- ✓ You’ll have good mental health
- ✓ You’ll perform better at your work
- ✓ You’ll sleep better

The list goes on and on...

About Real Food



“Lots of competitors think us mad for using cooking oil imported from France (market price RM40 for 500ml). Of course, we understand that by using cheap, unhealthy cooking oils would increase our profit margins drastically, but still we believe in quality first because our customers are worth it. We strongly believe that quality are an honest show of respect to our valued customer: you.”



“We treat chickens like our friends or as pets. We never make them as eggs producing robots, even though they are too old to have eggs, we will not kill them and let them live happily till they die.” (Kampung Harvest farmer, Ivan)

“Real Food For Real People”



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