

freshprep

# Food that fits your day.

From breakfast to dinner, and everything in between. We deliver fresh, local meals and grocery essentials right to your door, making it easy to eat well every day without the extra work.

**Save \$90 across first 3 orders.\***

Use code BDCANSCRIBE90 or scan the QR code to get started.

*Pause, skip, or cancel anytime.*



**EXCLUSIVE  
OFFER!**

**SAVE  
\$90**



# We've got mealtime covered so you can focus on what matters most.



**PROUDLY  
CANADIAN**



- ✓ **Start your day right.** Choose from wholesome breakfast options and grab-and-go meals to fuel your morning.
- ✓ **Midday made easy.** Enjoy ready-to-eat lunches packed with flavour and freshness. No prep, no cleanup.
- ✓ **Dinner, simplified.** Cook chef-designed recipes in just 30 minutes using pre-portioned, pre-cut ingredients.
- ✓ **Everything else? It's in the Market.** 150+ grocery staples delivered to your door—beverages, snacks, desserts and more.
- ✓ **Unmatched quality.**
- ✓ **Delivered in sustainable packaging.**
- ✓ **Locally prepared in Quebec.**

**Save  
\$90\***

**First time with Fresh Prep?**

Use code **BDCANSCRIBE90** to save \$90 across first 3 orders.\*



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\* Discount code valid for first time Fresh Prep customers only. \$30 off each order for 3 orders. Valid until Dec 31, 2026. Limit one redemption per household. Upon redemption, you will be enrolled in an auto-renewing subscription which you may cancel at any time, in accordance with our terms and conditions.