

>> GYM OUT OF THE GYM?



## Which Scheme Shall I Choose?

### Swallow

Moderate portion (>40g protein & ~450 calories)  
Get lean and shredded  
Lose body fat and keep fit

#### 2 Meals a Day

Flexible diet  
Step by step  
Suitable for beginners

### Eagle

Extra portion (>50g protein & ~600 calories)  
Gain muscle and get ripped  
Suitable for high energy demanded

#### 4 Meals a Day

Highly determined and disciplined  
Result-oriented  
Suitable for intensive trainers

Swallow	Eagle
HKD 1,600	HKD 1,800
HKD 3,000	HKD 3,400

20 meals for 2 weeks  
40 meals for 2 weeks

### Reach Us at

Website: [www.mealhy.com.hk](http://www.mealhy.com.hk)  
Email: [info@mealhy.com.hk](mailto:info@mealhy.com.hk)  
Facebook: Mealhy Food  
Instagram: @mealhy\_food  
Whatsapp: +852 95657765