

Dear Chef Kelli and the Staff at Puerfood2u,

I have been using your remarkable food service since August of 2009. After consulting with a holistic nutritionist, I became aware that the diet I was consuming was not nearly as healthy as I thought. I also read the work of Nina Planck (who lists purefood2u as a resource on her own website) and Michael Pollan. I ate mostly vegetarian and organically. Unfortunately, I was consuming a great deal of processed foods and relied on carbohydrates for a large amount of my calories. I also ate more fruit than vegetables and too much sugar. I was also not consuming enough complete proteins.

I learned that I needed to focus on eating nutrient-dense, organic, real foods. Animal products needed to be raised appropriately in order to optimize nutrients (in addition, as a former vegetarian, it was important to me that animals be raised humanely). The problem was that I didn't like to cook so how in the world was I going to plan, shop for, and then cook these types of meals?!?!

Everyday I am so thankful that purefood2u does this for me. They use the best ingredients and the food is healthy and delicious. We are so lucky to have this invaluable service in Southeast Michigan because food that is prepared with such meticulous attention to ingredients is virtually impossible to find anywhere in this country!

I have had so many health benefits since changing my diet and using purefood2u for the majority of my meals. I have never felt healthier in my life. There are also measurable results. I have maintained a 20-30 pound weight loss. My cholesterol dropped by 60 points and my triglycerides dropped from 194 to 49!

As far as the cost, at this point in my life, I cannot put a price on my health and the food that I put in my body is the most important aspect in maintaining my health. However, I have also priced similar prepared food services and shops and purefood2u is by far much more reasonably priced than any of the other local options and the other options do not use the same high-quality ingredients as purefood2u. In addition, I have had to prepare some of my own meals and when I buy the same types of ingredients and prepare the meals myself, I have not found any difference in the price for a similar meal.

Purefood2u has literally changed my life and I am eternally grateful that I can have healthy, real, nutrient-dense food prepared for me on a weekly basis.

Sincerely,

Deanna Vetrone