

ABOUT CLEAN TAKEOUT

Clean Takeout delivers meals using clean eating principles to the doors of busy professionals--those who want to lose weight and eat better yet lack time and energy to prepare healthy meals.

"Clean Takeout has helped me lose weight without needing to focus on food prep. I now have time to do other things that bring more enjoyment." ~ Karen Smith

Clean Takeout puts time back into a busy professional's day. That's because we help to avoid the headaches associated with the planning, shopping, and meal preparation that goes into clean eating efforts. Our clients simply choose a package that is right for them, pick dates and times to deliver, and then rest well knowing they'll receive ready-to-enjoy deliveries of nourishing food every time.

THE CLEAN TAKEOUT CLEAN EATING PRINCIPLES

Clean Takeout prepares meals according to clean eating principles. This means we avoid genetically-modified and frozen ingredients in our meals. In fact, Clean Takeout meals are:

- **Minimally Processed**
Although we haven't eliminated all processed ingredients quite yet, if we can't pronounce an ingredient on a label, we don't put it in our food.
- **Employ Knowledgeable Food Combining**
We mindfully balance proteins with carbs or carbs and fat.
- **Naturally-Sourced**
Many times our meals are prepared with foods that come straight from an organic farm. We use the lean cuts of chicken and turkey, and meat we use is sourced locally from the Austin, Texas area. All of our fish is sustainably-sourced, too.

So, as you see, our meals are prepared using the BEST ingredients...made of real vegetables, fruit, whole grains, legumes, nuts, and lean protein. This is the essence of clean eating. That way your meal is satisfying, making you less tempted to eat junk food and keeps you feeling full longer.

THE CLEAN TAKEOUT TEAM

Chef Owner Latonya Adams knows firsthand how crucial food is to health. Over the years, she has experimented with food and listened to her own body for signals on which foods increase health. After graduating from the Art Institute in Austin, she decided to combine her culinary training with her knowledge of overcoming personal health challenges with food to develop unique clean eating recipes for meals. Although she is the culinary genius behind the Clean Takeout kitchen, she and her two team members bring a combined 10+ years of experience in healthy recipe and meal development.

Clean Takeout is proud to deliver their exclusive line of breakfast, lunch, dinner, and snack offerings to the Austin. So discover new healthier flavors prepared by the Clean Takeout crew—yummy food combinations that make you feel better.