/\* @ ALJAADI ABDULRAHMAN - (Page: How it works ) \*/

 [CONTACT](#gjdgxs) [SUBSCRIBE](http://docs.google.com/Subscribe%20Form.html) [MEAL PLANS](#gjdgxs) [HOW IT WORKS](#gjdgxs) [HOME](#gjdgxs)

HOW IT WORKS

Follow these simple steps to start your new healthy journey with us!

## 

1. Choose Your Diet!

Review our catalogue of meal plans that best fit your health and dietary needs.

## 

2. Subscribe!

Upon choosing your meal plan, fill in and submit the Subscribe form in our website.

## 

3. Enjoy Your Meal!

Simply wait for your delivery and prepare your easy-made and healthy meals.