



**NEW Monday AND Friday Delivery!**

**Missouri State University employees receive 15% off in-store and online orders with discount code: MSU15**

Ready-to-eat, healthy meals to keep you track with your health & fitness goals!

## **HOW IT WORKS**

1. Click below to visit EATFITGO.com
2. At the top, input your **zip code** & choose **how** to get your meals.
3. **Add meals** for the week to your cart.
4. Click the **cart icon** to start checkout.
5. Choose your **pickup location/delivery method & date**.
6. Checkout **Guest** or **Create an Account** (recommended)
7. **Confirm order** & an email will be sent to you.

**\*Orders must be placed by:  
WEDNESDAY 4 PM for Friday Delivery  
SATURDAY 4 PM for Monday Delivery**

**[SHOP NOW](#)**