



MEAL PREP + FOOD DELIVERY

FOOD BY FRENCHIE

FRESH. FOOD. FOR YOU
BY FRENCHIE BRANDS
2023

MADE-TO-ORDER

MEAL PREP +
DELIVERY

PROUDLY SERVING THE
LOS ANGELES AREA 9/1

HEALTH
CONSCIOUS +
ECO-FRIENDLY

SERVING PLANT-BASED
AND MEAT-EATING PALATES

GOOD FOOD +
INNOCENT
INDULGENCES

SATISFY YOUR SWEET + SAVORY
CRAVINGS WITH STAPLE FAVS +
NEW WEEKLY DISHES

PIC: FRENCHIE'S CRISPY CRAB{LESS} CAKE (V)



Each order helps support our mission to provide free meals to families and communities in food deserts. We appreciate the support.



FRENCHIE'S CRISPY BUFFALO CAULIFLOWER SANDWICH (V)

OUR TABLEAU

MISSION

To bring fresh, made-to-order food to folks and families by following our **MIND/BODY/SOUL** approach:

MIND

Food that's smart and health-forward with mindful ingredients, but also regenerative for brain cells and neuroplasticity.

BODY

Food that provides nutrients and easy to digest nutrient education on how it influences improvements in the body.

SOUL

Food that satisfies those innocent indulgences and cravings, those sweet or savory delights that feed the soul.

VISION

The profits from our work will help bring free food events & giveaways to food deserts such as areas in the Antelope Valley (Lake LA, Rosamond, California City) and other locales in need. Our scope includes reaching underserved communities and those in extenuating circumstances (parents who just welcomed new life or take care of loved ones finding it hard to keep balanced meals), and those who simply need a good meal or treat to better their day.

THE MOTIVATION

Originally, Food By Frenchie started as a content page across social media that exhibited some unique and health conscious dishes I created. The response from my followers encouraged me to provide these meals via delivery or pickup as people wanted to try them. It was a hit, but also quite costly and time consuming to keep at it when managing a demanding full-time office job at the time, so the business sat quietly for a while. Unfortunately that organization closed its doors in 2022 resulting in the loss of my 7+ year tenure there. With that push, I decided to revitalize Food By Frenchie. So now, we are back and focused on feeding communities while educating them about how and what our bodies need to properly fuel us, but in a way that is essential and easy to digest...literally and figuratively.

So why food prep and delivery you ask? That office job I mentioned afforded me the opportunity to be “boots down” in the community. As a Community Engagement Program Manager, we supported many efforts, but the most rewarding one for me was our Food Distribution initiative. Once a week, we gave away hot meals to families in need and it served a higher purpose of connecting our work with the people of our communities. The hours were early and long but everyone was always in good spirits because we saw the impact it had on families that knew they had a meal to eat that day.



OUR FOOD

Neuroplasticity (Brain Development)

is the ability of neural networks in the brain to change through growth and reorganization.

Benefits of Neuroplasticity Enhancement

Enhancing neuroplasticity, along with physical exercise, can help ward off diseases such as Alzheimer's.

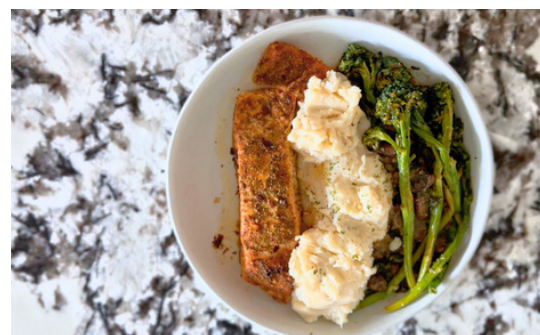
Our Food + Neuroplasticity Enhancement

Our fresh dishes that aid in boosting brain development are:

- Salmon
- Dark and leafy greens (Kale + Spinach)
- Avocados
- Tomatoes
- Turmeric
- Broccoli
- Whole Grains (Our Brown Rice)
- Garbanzo Beans
- Quinoa

All of our food is made fresh in our sanitary Los Angeles kitchen. We strictly follow all health and safety rules + regulations.

Our packaging is **eco-friendly**, using compostable and BPA free materials. We are mindful of and determined to reduce our carbon footprint.*



*Our food is plant-based rooted while still catering to meat-eating palates

FOODBYFRENCHIE.COM

Food By Frenchie Pledge

Our promise to all FBF customers is to maintain extremely kind, authentic, and sanitary business practices. We cherish cleanliness, freshness, whole foods free from soy and *limited* genetically modified organisms. It is our every intention to provide food that helps heal and fuel your body, mind, and soul. Thanks for dining with us. Please Enjoy.