

Nutritious, delicious meals that taste like home

Developed by dietitians and prepared by chefs, Lite n' Easy offers more than just a weight loss solution. We also offer great tasting meals, designed to promote healthy eating and well-being.

- High quality ingredients and produce.
- Plenty of variety and choice with over 170 meals designed for weight loss and healthy convenience.
- New range of **My Choice** meals designed for older people with smaller appetites.
- Flexible options, home delivered.
- Now offering business to business commercial opportunities.

Visit the Lite n' Easy stand for more information and to taste our delicious, nutritionally balanced meals.



Helping Australians live longer,
healthier lives.

liteneasy.com.au

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Lite n' Easy