

Reuben's Meal Plans Launched Discount Prices on Its Monthly Diet Meal Plans

The company offers a wide range of healthy diet meal plans for the Northern Ireland area at competitive prices. Its diet plans include weekly/monthly weight loss plans and weight maintenance/gain plans.

Dublin, Aug 10, 2020 ([Issuewire.com](https://www.issuewire.com)) - Reuben's Meal Plans, a leading [meal prep northern Ireland](#), launched weekly and monthly diet meal plans. This Northern Ireland meal prep delivery company provides fresh meals right to the clients' doorstep anywhere in Ireland. These meal plans are the best solution and are ideal for those who want to achieve their goals, getting a slimmer body, and losing weight without hassle.

According to the company manager, a disciplined and healthy diet is essential for weight loss or maintaining weight, besides exercise plans. In addition to that, he also explained, *"Our healthy diet meals consist of 1,2, or 3 meals each day. We will provide 1300 to 1900 calories per day, depending on the package options."* On the Weight Maintain / Gain Plan Package, Reuben's Meal Plans will provide approximately 1900 calories per day in the breakfast, lunch, and dinner options. Moreover, on the Weight Loss Meal Plans, they will provide around 1300 calories per day of fresh and convenient gourmet meals.

"All menus in Reuben's Meal Plans have been already determined by our dietitian to accompany our clients' regular exercise. We also ensured that our clients would get fresh daily meals based on the plans they chose," said the company manager. As a reliable [meal plan delivery](#) company, Reuben's Meal Plans ensures that their diet plan meals consist of low carbs and calories food. "We provide our weight loss plan with healthy and delicious food such as Jerk Chicken with Caribbean rice, Chilli con Carne filled baked potato, Stuffed chicken with mashed potato, Lean beef massaman curry with rice & mange tout, and other healthy foods.

"Reuben's Meal Plans service has been great for me, especially during pre-season, which is a very intense 8 weeks. Reuben's Meal Plans have helped me when I am feeling the effect of training and don't have enough time to cook." Craig Gilroy - Ireland Winger.

About Reuben's Meal Plans

Reuben's Meal Plans is a Northern Ireland meal plan delivery company. They provide a fresh and healthy diet plan meals (weight loss and maintain/gain weight meals plan) right to its client's address. The company began as a family run business and has been established since 1996 in Belfast. The company owners Jerry and Daniel Lee aim to help people with a healthy lifestyle and food. Reuben's Meal Plans is one of their passions to make their dreams come true. They serve The Greater Belfast area, Northern Ireland, and Ireland. For more information about Reuben's Meal Plans diet meal plans and schedule an order, please contact +44 (0)2890 611 039 or visit <https://www.reubensmeals.co.uk/>.

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