



GMeals
FRESH HEALTHY GOURMET

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FOR IMMEDIATE RELEASE

HEALTHY MEAL COMPANY LAUNCHES TO COMBAT KENTUCKY'S HEALTH ISSUES

Louisville, KY (May 11, 2015) – GMeals, a Louisville-based healthy meal company, rebrands itself to offer medically-recommended nutrition meal plans to assist in preventing and reversing certain chronic illnesses caused by unhealthy eating practices and for families and individuals seeking healthier nutritional options. All company profits will be donated to Kentucky non-profit organizations focused on eradicating hunger and poverty within Kentucky.



“GMeals new meal plans are specifically designed for athletes, the chronically ill, dieters, homebound individuals, seniors, busy families, individuals seeking healthier meal options, and for those on diets prescribed by their doctor,” says John Shaw-Woo, founder of GMeals.

The company will offer four meal plan options; Heart-Healthy, Mediterranean, Paleo and Plant-Based (containing no dairy, nuts or oil) specially crafted by local Chef Peng Looi of Asiatique and August Moon Restaurants. Individual meals begin at \$8.50 for Plant-Based and \$9.50 for Heart-Healthy, Mediterranean and Paleo meal items; locally made desserts, ice creams and sorbets made by The Comfy Cow begin at \$5.99. All meals contain no added preservatives or trans-fats, and are never frozen. GMeals offers convenient online ordering and options for pickup at Asiatique on Bardstown Road, or delivery by Arrow Food Couriers on Mondays and Thursdays after 5:00pm.

“I am excited to announce the creation of this new and revolutionary meal concept, which will help improve the overall health of Kentuckians and assist in eradicating hunger and poverty within the Commonwealth of Kentucky. Not only will our program help improve our clients physical health, it will also provide a sense of satisfaction to our clients with the knowledge that their purchase will also help Kentuckians in need,” says Shaw-Woo. “Our strong collaboration with Chef Peng Looi of Asiatique and August Moon Restaurants, Tim and Roy Koons-McGee of The Comfy Cow, and Kela Ivonye of Arrow Food Couriers makes for a winning combination,” continued Shaw-Woo.

GMeals will begin taking online orders May 11th with first pickup day on Thursday, May 14th. For more information, visit www.GMeals.com or call **(502)966-3200**.

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About GMeals: GMeals was created in 2012 by John Shaw-Woo and Dr. Shiao Woo with the intentions of providing Kentuckians with easier access to fresh affordable healthy meals. After several years of serving seniors, homebound individuals, corporate employees, and medically challenged clients, GMeals decided in 2015 to rebrand itself, by introducing a new and exciting concept centered on the offering of medically-recommended nutrition meal plans to assist in preventing and reversing some chronic illnesses caused by unhealthy eating practices.

