



Wellness

Cook Smart, Eat Well:

Simplify Cooking with Simply Prepped



Did you know that one big benefit of meal prepping is it helps you make healthier food choices? This simple habit can lead to better nutrition and overall wellbeing you're less likely to reach for unhealthy snacks or take outs when you're hungry or pressed for time.

With Wellbeats Wellness, you can learn how to meal prep with simple steps.

Prize up for grabs!

Complete our **Simply Prepped program** for a chance to win a prize. Enroll in our Simply Prepped program and **complete it by March 31st, 2025, for a chance to win a Wellbeats accessories gift card!** By following expert tips and recipes in these 14 bite-sized videos, you'll be able to enjoy nutritious meals with ease, save time, and reduce stress in the kitchen.

Ready to start the Simply Prepped Program?

Log into your Wellbeats *Wellness* account and participate in a class today!



Download the app on the App Store or Google Play

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