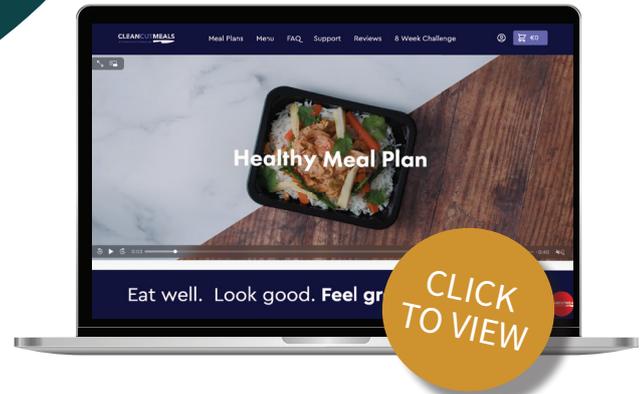


16 CLEAN CUT MEALS

Type: Catering /Home delivery
Country: Ireland



Why it is a good practice?

Clean Cut Meals prepare healthy ready-made meals that are delivered nationwide, to consumer homes. The service makes it easy for those who are trying to pursue a healthier lifestyle but don't have the time to plan their meals. The key selling message is to enable customers to maintain a healthy diet without time consuming planning and preparation. Customers can choose from variety of different plans comprising of lunch and dinner and can be assured to know that each meal contains fresh, locally sourced ingredients. Meals are made by experienced chefs using fresh ingredients available; seasonal produce, lean meats and minimal fats are key parts of the meals

About

Clean Cut Meals was established in January 2015 by 2 lifelong friends Conor McCallion and Michéal Dyer. The pair were studying in GMIT and both had a passion for healthy food and fitness.

"We've both always been interested in keeping fit and eating well. We both found that training while we studied was the easy part but when it came to eating healthier it was nearly impossible. We knew that we needed to focus on our diets and what nutrients we were putting into our bodies in order to reach our optimal goals, but it proved so difficult when we were on the go all day."

As a result, they spent a few nights each week preparing and batch cooking meals for the next couple of days. It was extremely time consuming, but eating well was really important to them both. When they brought their meals into college, friends began to take an interest... and so the seed of an idea was sown. So how does it work? From their website, one can order a suitable plan, the food arrives all freshly prepared, all the consumer needs to do is heat and eat. It could not be easier.

There is no calorie counting, portion control, or worrying about nutrition, you can leave all that to Clean Cut Meals. The team hope to inspire the Irish nation to understand and embrace healthy eating, nutrition, and a change of lifestyle. Over the past 5 years of trading Clean Cut Meals have supplied over 750,000 meals to the 32 counties of Ireland. They have also won several awards including Best Start Up Business in the 2019 National Enterprise Awards. The business now employs a team of 13 people and are always growing. They have their sights firmly set on becoming a successful international brand.



Healthy

Along with everything being calorie controlled and prepared using fresh and local ingredients, a range of vegan and vegetarian meals is available too. Whether their customers are trying to slim down, build some muscle mass, or just stay lean, they will create a menu of delicious, healthy meals for individuals and deliver them right to their doorstep.



Ethical

During the Covid-19 pandemic Clean Cut Meals pledged to feed frontline workers and vulnerable people in their community of Galway. They felt it was more important than ever for people to eat a nutritionally balanced diet.

Follow Clean Cut Meal's story

