



Food Used for Energized Living

play on

A Convenient, Satisfying and Affordable Monthly Food Subscription Service
1 or 2 Meals per Day | Monday - Friday
LRAC and LRRC Pickup Available

When we started designing the program, we had three goals:

- Help with the “You can’t exercise your way out of a bad diet” problem.
- Reduce the hassle associated with healthy meal planning and preparation.
- Make the end result convenient and affordable.

Mission Accomplished

Katie Rhodes, our registered dietitian, designs all the meals for proper nutrition then James Harris, our executive chef, and Joey Lamb, personal trainer and food hobbyist, make sure they taste great. The meals average 350 - 450 calories each and solve the weekday challenge of what and how much to eat. For your convenience, you can pick up at either the LRAC or the LRRC. And best of all, at the base price of \$7.95 plus \$1 tax per meal, the monthly plan is definitely less expense than of eating out.

Added Benefit

When you register, you also have the opportunity - FREE of charge - to meet with Katie. She will provide guidance on the rest of your week’s intake in light of your specific goals - weight loss, weight gain, sports performance, medical needs, etc.

Sample the Fare

Stop by Blue Court Grill and check on our “Grab and Go” FUEL meal availability. Sometimes we have extras.

Payment and Billing

Members may charge the monthly fee to their house account. Additionally, we accept credit card, check and cash. Payment must be provided prior to the start of the subscription and we will keep you enrolled until you tell us otherwise (see below).

Cancellation and Partial Months

Just remember two weeks. If you want to take a break from the program, tell us a minimum of two weeks before your desired stop date. If you will not need your meals for a part of a month, we require two weeks notice for that, as well. (Please note, we will only prorate in one week increments.)

Meal Pickup

Please refer to the “Pickup Plan” for all the details. If, on occasion, you need to pick up at the other club, we can accommodate it. Please email us in advance at fuel@lrac.com.

Enrollment and/or Questions

Please email Katie at fuel@lrac.com or stop by the Blue Court Grill at the Little Rock Athletic Club.

Pickup Plan

Once the meals are prepared (see schedule below), they may be picked up during club hours at the LRAC in Blue Court Grill. However, they may only be picked up when Overlook Grill is open at the LRRC.

Earliest Pickup Times		
	LRAC	LRRC
Monday Meals	Sunday, 6:00 pm	Monday, 11:00 am
Tuesday Meals	Monday, 11:00 am	Tuesday, 11:00 am
Wednesday Meals	Tuesday, 11:00 am	Wednesday, 11:00 am
Thursday Meals	Wednesday, 11:00 am	Thursday, 11:00 am
Friday Meals	Thursday, 11:00 am	Friday, 11:00 am

Open Hours			
Little Rock Athletic Club		LRRC Overlook Grill	
Monday - Thursday	5:00 am - 10:30 pm	Monday - Thursday	11:00 am - 9:15 pm
Friday	5:00 am - 9:00 pm	Friday	11:00 am - 3:00 pm
Saturday	7:00 am - 8:00 pm	Saturday	11:00 am - 3:00 pm
Sunday	8:00 am - 8:00 pm	Sunday	Closed