



MEAL PREP THAT MAKES LIFE EASIER

PrepZ Meals

Established 2022

Owners: Kenea Yancey and Jacque Lewis

Website: [Prepzmeals.com](https://prepzmeals.com)

Instagram: @prepzmeals

PrepZ Meals, owned and operated by IFBB Pros Kenea Yancey and Jacque Lewis, is one of Georgia's most rapidly growing meal prep companies. Their healthy and competition prep line includes their most popular items turkey and chicken meatballs, blackened salmon dishes, and a Korean turkey bowl. They also offer a splurge menu with items like wings, potato tacos, and desserts. The company was founded two years ago and currently has three pickup locations. For 2025, they plan to expand with bulk orders and eventually want to invest in a food truck. Their meals are priced competitively, with 10 meals costing \$100 for a two-week commitment. They also cater to dietary needs and offer a vegan menu. The company aims to dominate Georgia and beyond.

Popular Meal Prep Options

Customer favorites and best sellers are the turkey and chicken meatballs, as well as the blackened salmon dish and these items have a weekly presence on our menu. Another favorite is the Korean Turkey Bowl made with fresh ginger, green onions, pickled onions, shredded carrots and a little sesame oil. So good! The idea to start a meal prep company came from my partner, Jacque Lewis. I'm always cooking and I come from a long line of chefs in my family. Whenever people come over they rave how good the food is. As contest prep coaches, we were always referring our clients to other meal prep companies, but they were never satisfied. The positive feedback we received on our cooking was encouraging. Combined with my extensive background in the restaurant industry, spanning over 20 years, we established PrepZ Meals in 2022, with a focus on providing flavorful, nutritious meals.

“ You don't have to think, you just grab and go. ”



Business Growth and Locations

We currently have three pickup locations: JAG Fitness, Norcross; MadHouse Gym, Mableton; and LA Fitness in Kennesaw. For a small added delivery fee, we will bring the food to you. The business is growing. Next year we are expanding with bulk orders emphasizing cost-effectiveness that especially appeals to athletes that have to eat healthy in order to perform well. As competitive athletes ourselves, we understand the nutritional needs and we can make meals that are lean and clean and still keep them tasting delicious by using herbs, spices and a variety of cooking techniques.

Menu Variety and Customer Needs & Feedback

We change our menu weekly. We have some of the best prices, because you can get 10 meals for only \$100 when you're committed for two weeks. Otherwise, it's just \$125, for 10 meals. Our customers appreciate the affordability and quality of PrepZ Meals compared to grocery store options. We listen to our customers' feedback and we have the ability to adapt to their needs, including dietary restrictions. Our food is low sodium and we also offer vegan options. I even find myself waking up in the middle of the night to write down recipe ideas!

We are starting to promote PrepZ Meals for the fall and holidays. Customers can go to our website to order. Nothing makes life easier than to have somebody else cooking for you, especially as we kick off the holiday season. You don't have to think, you just grab and go. It's the end of the bodybuilding season so sometimes there's just the need or desire to indulge a little bit, which is why we created our Splurge Menu. It includes deliciously satisfying items like wings, potato taco bowls, Cajun chicken and shrimp pasta. You can order those in bulk for an event, like a baby shower, graduation, or holiday party. We also have desserts. Recently, we sponsored the Dessert Table at the NPC IFBB Pro League Southern Muscle Showdown. The athletes work hard and what better way to celebrate their success on stage with a little indulgence!

Competition and Unique Offerings

I believe what sets us apart from other meal prep companies is that I put love in the food. I'm a foodie at heart. I love to enjoy food even when I'm prepping. If you don't enjoy your food, you won't have a successful prep. Being miserable is not a requirement of prep. I like to make the food taste flavorful, not salty. I put a lot of herbs and spices in my food, and I create different options that the customers can choose from.

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Holiday Packages and Catering

New this year, we're doing a family holiday package ranging from small family sizes to larger gatherings. If it's for more than 20 people, call us and we'll put together a custom package for you. For example, a traditional Thanksgiving meal comes with turkey, ham, sweet potatoes, collard greens, mac and cheese, a choice of apple cobbler, apple pie, or sweet potato pie, seafood stuffing, or Turkey dressing. It's not that people don't know how to cook, it's that they don't have the time, or they would rather spend their time enjoying the company of family and friends rather than being in the kitchen. For an extra fee, we have a staff that comes in to cater including the whole set up to create just the right ambiance for your event.



Future Plans and Expansion

The goal is to dominate Georgia. It's a large state, and we get so many emails wanting to know if we ship. So shipping logistics is the next immediate thing we are working on. There's a balance of quality and cost that's important to us. Once we get Georgia locked down and we can ship our meals, we can work on providing PrepZ Meals in other cities. Our mission is to maintain affordable pricing to make healthy meals accessible. I've seen so many other companies that charge really high prices and the quality is not there. That's not what I want to do.

Splurge Restaurant and Food Truck Plans

Long-term future plans include opening a Splurge restaurant, but I'll want to start with a food truck first to test the market and build an even bigger following before making the investment into a full restaurant. The food truck will offer weekly cheat meal specials and cater to different locations, including corporations, gyms and neighborhoods, and events like the bodybuilding shows and other community events.

Sometimes you just need the convenience of meals prepped for you to save time, money or both. We look forward to seeing you at events in the community. Anytime people can see, smell and taste what you have to offer, both the healthier offerings and the indulgent foods, I think that's a really smart opportunity to engage and build a relationship that will lead to an increase in new customers as well as repeat customers. Best of luck to you and Jacque in your business, PrepZ Meals!