

Healthy home-cooked meals delivered straight to your office - daily

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Eat clean: You have no more excuses!

Time is a precious commodity in our fast-paced 21st century lives. We no longer live in a nine to five world - office hours have extended along with our drive to succeed in economically trying times. By living such pressurised lives we have neglected our health and eating patterns. Who has time to [cook healthy meals](#) daily?

Chef Nicole Parfitt explains *"There is a definite need for decent, preservative-free - ready-made meals in South Africa. I think South African's generally go one way or the other - they are either VERY pedantic about their eating plans or they are really unhealthy! South Africans are hard workers and generally do not have time to cook their own meals so they rely on ready-made meals/fast food."*



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Established by ambitious culinary artist Nicole Parfitt in 2013, Ginger Apple offers a delicious and [healthy menu](#) designed to enrich your lifestyle. With a varied set of meal choices, from low fat options through to the ever popular Banting meal plan, Nicole has made sure you get what you want - and what your body deserves. [Ginger Apple](#) offers a delivery service of healthy home cooked meals, prepared daily and delivered to your office or home - adding to your lifestyle. It is also important to note that you will not receive the same meal twice in a month, adding variety to your diet.

Nicole sums it up, *"Ginger Apple is a convenient way to receive readymade meals, that are preservative free, tasty and well prepared. For those in the corporate world, this is the ideal solution - designed to maintain your health and fit into your schedule."*

All you have to do is place your order the day before and your meal is delivered straight to your home or office. To make things even easier, you can place a weekly order in advance and have peace of mind knowing that your daily meals are taken care of - one less thing to stress about.

Never know if that meeting is going to run late? Ginger Apple also offers an order-to-freeze option. Simply heat up your meal when you finally leave the meeting and indulge in a delicious and enriching meal.

An ambitious and driven entrepreneur, Nicole has partnered with fitness expert Anna Wood, to launch the eight week summer body challenge. Ginger Apple will be preparing two meals a day for Anna's clients - helping them achieve their goals. They will deliver two meals a day to the client's home or office. All meals will be portion-controlled and prepared in the manner Anna requires.

"Ginger Apple has exploded this year and we are very grateful. We are doing a lot of [catering](#) and have now also just signed a contract to be the caterer for a new wedding venue in Olifantsfontein. We are consulting for a number of new coffee shops and restaurants and helping them develop their brands too." Watch this space... Nicole Parfitt is enhancing our lifestyle, one meal at a time.

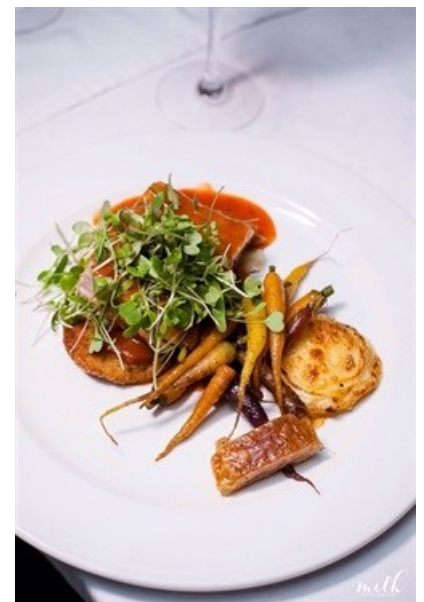
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