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Nu-Kitchen

The Nu You, For a Better Price

You could do a lot worse than resolving to eat right, especially if you're trying to atone for that holiday feast...

The first step: Get your own chef. Or short of that, there's *Nu-Kitchen*, a meal delivery company with more than just friends at the greenmarkets. Nu-Kitchen will set you up with a plan of fresh meals made from scratch without additives or preservatives, and help you along whether your goal is weight loss or just being in the best shape of your life. Their clients include both Topher Grace, Hugh Jackman and the New York Jets...so be warned: It might not help your passing game.



The Perk:

Nu-Kitchen 200, a meal program geared towards weight loss. The package includes:

- An in-person metabolic assessment from a wellness coach to plan out your program.
- Access to your wellness coach throughout the program for adjustments and consultation.
- 40 days of fresh food delivered to your home or office (three meals and two snacks per day).

Nu-Kitchen, 212-582-1144