



THE 21-DAY FARM BOX CHALLENGE

Transform your eating habits in the most delicious way by joining our Farm Box Challenge. We challenge you to eat 12 servings of fruits and vegetables each day for 21 days. It's a journey towards a healthier you, and we're here to make it fun and easy.

1

START YOUR DELIVERIES

Choose your farm box size, farm box type, and your delivery frequency.

2

CUSTOMIZE YOUR FARM BOX

During the customization window, add your favorite fruits and veggies to your box.

3

ENJOY YOUR FRESH PRODUCE

Start adding your fruits and veggies to your meals to reach your daily goal.

In March and April, we will randomly choose three challenge participants to win a \$50 credit on their account! Add promo code **PRIMEHEALTH** to your account online to sign up for the challenge *and* to save **20% off your first 5 deliveries**.

TRY A NEW RECIPE TO MEET YOUR DAILY SERVING GOAL!



Healthy
Cleansing Soup



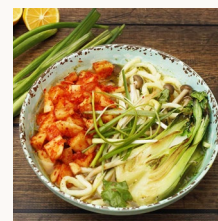
Vitamin C
Sunrise Juice



Farmers' Market
Buddha Bowl



Collard Greens
with Polenta



Kimchi & Green
Onion Ramen

Find these recipes and more at our website — www.farmfreshtoyou.com/recipes