

# FAQs & Policies



## Stay cool:

Please refrigerate your juices, smoothies and meals ASAP! Remember that our fresh-pressed juices and smoothies are FRESH and UN-PASTEURIZED. Please handle with care!

**IMPORTANT: Please place your large cooler bag immediately into the fridge with the top of the bag open,** or take the contents out altogether, to let the cold air circulate and keep everything fresh. You'll notice that the food and juice you received are labeled with a **1, 2 and 3**. This means food for Day 1, 2 and 3 of your program—**consume them in this order**. It's important to stick to these schedules, as some of the foods we have made for you last longer than others.

**We're Nuts in the Kitchen!** Lithe Foods are produced and packaged in a facility that handles tree nuts!

## FAQ

### Should I drink all juices/smoothies and eat all three meals and dessert even if I'm not hungry?

Yes, you should definitely eat all three meals, snacks and deserts. Healthy eating is all about balance. At Lithe Foods, we calculate your daily nutritional requirements for you, so that you don't have to! Just eat and enjoy.

### What else should I drink?

Water! You should drink at least eight glasses of water per day even if you're not on our program. Try to drink one eight-ounce glass of water before each meal. Try to limit your coffee to one cup if possible.

### How do I heat the food?

We suggest removing the meals from their containers and heating them in the oven or stove top (it's healthier!) or in the microwave on a microwave safe plate. Try not to overcook so that the taste, texture and ingredient quality are not compromised.

### Level 2 Hot/Cold:

Quiche and Oat Cakes = Hot

Yogurt Parfait = Cold.

Smoothies = Cold

Juice = Cold

Salads = Cold

Crepes = Cold

Portobello Panini = Cold

Soups = Hot

Tofu and Brussels = Hot

Chicken Parm = Hot

Tempeh Dumplings = Hot

Snacks/Desserts (Strawberries, Macaroons, Sweet Potato Chips, Apple Chips, Raw Cheesecake, Crudités) = Cold





**Level 3 Hot/Cold:**

Teas = Hot  
 Soups = Hot  
 Smoothies = Cold  
 Juices = Cold  
 Portobello Panini = Cold  
 Sliders = Cold  
 Mousse = Cold

**What results should I expect on Lithe Foods Meal Plans?**

You're individual results will depend on your commitment to the program, and the individual needs and responses of your body. Although results will vary, most people will lose 1-4 lbs within 3-6 days.

**Will I gain the weight back once the program is complete?**

Lithe Foods is a way of life. You can easily apply what you learned with us at home or transition to our instudio offerings, our LIY program, Level 2 or take it to the max with another 3 days of Level 3!

**Reuse & Recycle:**

Please be kind and help us respect our mother by recycling your plastic containers and bottles!

**Cancellation Policy:**

Our is that **all cancellations or changes must be received no less than seven (7) calendar days before your start date.** Example: If you are beginning your program on a Monday, any changes or cancellations must be requested by the previous Monday at 5pm to avoid penalty. Otherwise no refunds OR credits will be issued.

**A 7 Calendar Day notice is required for any cancellation.** If you cancel within the guidelines of our 7-Day Calendar policy, you will be refunded completely. If you cancel less than seven (7) calendar days before your start date, no refunds or credits will be issued. Requests for refunds before, during or after a Level 2 or Level 3 meal plan due to medical issues will be handled on an individual basis. Doctor's proof of condition is required.

**All refund requests must be sent in writing to [lithefoods@lithemethod.com](mailto:lithefoods@lithemethod.com)**

Lithe Foods  
 219 Cuthbert St.  
 4th Floor  
 Philadelphia, PA 19106  
 215-625-4919  
[Melissa@lithemethod.com](mailto:Melissa@lithemethod.com)  
[lithefoods@lithemethod.com](mailto:lithefoods@lithemethod.com)

