



FOR IMMEDIATE RELEASE

You Can Make Friends with Salad!

5 Reasons Salads Are the Superpower Lunch You've Been Missing

Australia, September 2024 – Think salads are boring? Think again! The simple salad has evolved into a lunchtime superhero, winning fans across Australia. Packed with protein, convenience and flavour, [Strength Meals Co™'s](#) new fresh salads are here to prove you really *can* make friends with salad.

Here are five reasons why Strength Meals Co™ salads are the ultimate choice for busy, health-conscious Australians:

1. Packed with Protein, Fuelling Your Day

Did you know the average adult requires around 50g of protein daily to maintain muscle mass and energy levels? Each Strength Meals Co™ salad packs over 30g of protein, helping you meet more than half of that requirement in just one meal!

2. Ready in Seconds, Perfect for Busy Lives

Who has time for meal prep? With Strength Meals Co™'s grab-and-go fresh salads, you can enjoy a nutritious, protein-packed meal without the hassle. Available now at Woolworths and Woolworths Metro stores, these salads are ready whenever you are.

3. No More Post-Lunch Slump

Say goodbye to the afternoon crash and the need for sugary pick-me-ups like chocolate or coffee. Strength Meals Co™ salads provide balanced nutrition that keeps you feeling full and energised, so you can power through the rest of your day without missing a beat.

4. Wholesome Ingredients

These salads are made with nutritious, high-quality ingredients and are free from artificial colours, flavours, and preservatives. You can feel good about what you are eating while enjoying every bite.

5. Perfectly Balanced for a Healthy Lifestyle

With the ideal mix of protein, healthy fats, and carbohydrates, these salads provide long-lasting energy to keep you fuelled throughout the day. They are designed to support your active, healthy lifestyle without compromising on taste.

Ready to Make Friends with Salad?



Strength Meals Co™'s fresh salads include mouthwatering options like Chicken & Balsamic Barley Salad and Tandoori Chicken & Cous Cous Salad—perfect for a nutritious, protein-rich meal on the go.

Available now for just \$9.95 at Woolworths and Woolworths Metro stores across VIC, QLD, and NSW.

Strength Meals Co™ Fresh Salads Range:

1. [Chicken & Balsamic Barley Salad](#)
2. [Tandoori Chicken & Cous Cous Salad](#)
3. [Chicken Caesar Pasta Salad](#)
4. [Chicken & Potato Salad](#)

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Product samples are available on request. Contact:

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Media Kit with product images can be found [HERE](#).

About Strength Meals Co™

Strength Meals Co™ is dedicated to providing high-protein, macro-balanced meals that support a strong, active lifestyle. From the kitchen to the shelf, every product is crafted with care, delivering nutrient-packed, delicious meals that enhance both performance and well-being. Strength Meals Co™ is a Beak & Johnston brand.

www.strengthmealsco.com.au | [FACEBOOK](#) | [INSTAGRAM](#)

Strength Meals Co™ – Simple, Delicious, and Packed with Protein