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The Newest Way to Eat Healthy Expands Throughout The St. Louis Area

Chesterfield, MO – Healthy eating just got *even easier* for those in the St. Louis area. Salads 2 Your Door announced that it will be expanding its delivery service area to provide consistent healthy meals to even more people throughout St. Louis.

With more drivers and new routes being added weekly to their delivery team Salads 2 Your Door is excited to be able to provide their weekly salad delivery service to even more consumers throughout the St. Louis area.

“With cold and flu season approaching,” explained Katie Davis, RDLD “boosting your immune system naturally by fortifying your diet with lots of consistent healthy greens and natural superfoods, will lead to a more productive winter, with much less sick time and even a brighter mood during a time that St Louisans traditionally struggle with depression and lack of sunlight mood lows.”

Salads 2 Your Door, a local, woman owned business, delivers 5 full meal salads every Sunday evening, ensuring that you have a full healthy meal on hand, every day of the week, no matter how busy you are.

“We all have good intentions but it’s hard to eat healthy on a consistent basis when you’re busy. It’s hard to shop, chop and prepare when we’re so busy. We’re here to make eating healthy, easy.”

There are so many nutritional and health benefits to eating greens consistently that it cannot be overstated. Chana’la’s health-coaching outlook is simple: rather than tell her clients what they cannot have, she encourages them to consistently consume healthy greens. Most find that without any struggle or inner-battle they are feeling better and eating healthier!

Salads 2 Your Door was born accidentally, filling a need for busy professionals to have access to ready to eat, quick and healthy meals in their fridge. With franchises in Kansas City and Atlanta, and several in the pipeline slated to open in early 2022, Rubenfeld says she looks forward to sharing her passion of healthy salads for health-minded consumers across the country.

For more information on Salads 2 Your Door, visit Salads2YourDoor.com or follow them on Instagram [@Salads2YourDoor](https://www.instagram.com/Salads2YourDoor).

About Salads 2 Your Door

Salads 2 Your Door has been delivering fresh, healthy, full-meal salads to busy families and professionals since 2018. It currently serves the St. Louis, Kansas City, and Atlanta regions, with additional franchise locations set to open early 2022.