

Online meals, leave it to the chefs

Those struggling to maintain healthy eating despite busy schedules need worry no more as help is just a click away, thanks to iHealth Meals. The Cape Town-based online ordering company offers a variety of healthy meals suitable for different dietary requirements.



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Established in 2009 by Christian Matuz, a Hungarian, iHealth Meals started as a "home cooking" business and grew into a catering company specialising in healthy food - which Matuz says is grilled, baked or steamed, never fried.

"We began with only one meal plan offer, but now we offer seven different subscription options. We offer meals in categories such as balanced, Mediterranean weight loss, palaeo, banting and fitness," he says. Recipes and meals are constantly adjusted based on customers' responses. "Our customers' feedback is most important in our recipe development and menu planning," Matuz says.

On average, iHealth Meals delivers 1,500 meals a day to about 900 customers. They include families, singles, pensioners, and companies in Cape Town and Johannesburg.

iHealth Meals, which employs 30 people, has plans to build a mobile application to make it more convenient for its customers. iHealth Meals also offers its clients advice in areas such as weight loss, fitness and management of chronic diseases.

Source: *Financial Mail*

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