

PROVENANCE

Transformation starts from within.

Provenance Meals is a nutrition-led, chef-inspired wellness program on a mission to help people look and feel their best through fully prepared meals and cleanse programs made from scratch with thoughtfully sourced, local ingredients. Designed by wellness experts, Provenance brings the convenience of eating clean and replenishment of your health right to your doorstep.

HARNESS THE POWER OF FOOD AS MEDICINE

- 100% Free of Gluten, Dairy, and Refined Sugars
- Anti-Inflammatory Whole Food Ingredients
- Local and Sustainable Produce, Meat, and Seafood
- No Cooking or Subscription Required
- Curbside Recyclable Packaging



WEEKLY MEAL DELIVERY

STARTING AT \$12 PER MEAL

Available nationwide. Choose your meals and eat clean consistently through the week.



6-DAY PROVENANCE DETOX

\$320

Available in select cities. Deep cleanse program designed for weight loss and discovering food sensitivities.



WELLNESS SHOP

Available nationwide. Best-selling Superfood Protein Powders, Ayurvedic herbal teas, supplements, and more.

About Our Founder



Carroll Lee is an avid cook, mother of two, and a Board Certified Health Coach with an emphasis on functional medicine. Her passion in life is to feed people real food – food that is raised, grown, and prepared in ways that are good for your health and for the planet with convenience in mind.

RECOMMENDED BY FUNCTIONAL HEALTH DOCTORS & FITNESS EXPERTS

Parsley Health

THE WELL

EQUINOX

CLIENT TESTIMONIALS

"My favorite part was getting back into a good eating routine and having healthy food available so that I didn't have to think about what I would be eating or risk overeating in the midst of very busy days." - Sarah, New York

"Every meal was delicious & I could definitely tell a difference in my energy levels and digestion after three days!" - Stephanie, Michigan

"I feel better and have more energy. This program has changed my overall diet and now I eat healthy all week since I don't want to lose the healthy energy." - James, Connecticut