TOMORROW never comes for many people wanting to lose weight but when healthy meals are delivered to your door before you get up, the hard work has already been done for you. Eat Fit Food owner Bianca Monley says the biggest mistake people make when trying to lose weight is not eating enough. People also fail to eat regularly, skip meals, binge at night and don't drink enough water.

Ms Monley came up with the idea to start a healthy meal delivery service after working in a gym for three years and seeing how many people were committing themselves to restricted diets, sometimes consisting of nothing but rice and tuna, to keep in shape. "How boring!" Ms Monley says.

She began cooking from home for a few friends at the gym and word spread. Soon she had to get a commercial kitchen, a van and staff to meet demand.

The Eat Fit Food delivery driver starts work at 2am and delivers a day's food to clients across Sydney. The food is delivered six days a week in cooler bags with icepacks, guaranteeing it stays fresh for eight hours.

Delivering food daily means Eat Fit Food doesn't have to freeze any meals. "Frozen food does taste a lot different from fresh food delivered each day," Ms Monley says. "We are not a Lite'n'Easy or the frozen tasteless food sold in supermarkets ... people want fresh food."

Ms Monley, 26, grew up in New Zealand where her family ran a restaurant, so running her own food-based business came naturally.

Most people who call Eat Fit Food either want to lose weight or maintain a healthy weight. Ms Monley says they know what they need to do but because they work such long hours, they don't have time to think about preparing and cooking healthy, balanced meals. "There's also the people who use us for the convenience aspect – we make life easy for them."

There are 280 different meals available during a four-week cycle, ranging from grilled barramundi fillet on sweet pea puree for dinner to skim bircher muesli with rhubarb compote for breakfast.

Clients can choose to have all their meals including snacks delivered or just some of the day's meals. They can also let Eat Fit Food know of their food preferences – a hatred of broccoli or fish, for example, will be respected and another meal substituted.

Big eaters can also arrange for larger portions and snacks.

A popular option to kickstart a healthy eating plan is the 10-day Detox which Ms Monley says is designed to energise, cleanse and motivate clients into better health.

No alcohol is allowed during the detox and the plan omits dairy products and red meat. Caffeine and sugar are also no-no's. "It is quite a strict diet ... it's not for everyone," Ms Monley says.

But for those who find it difficult to complete a detox program because of all the time-consuming food preparation, the 10-day Detox is a godsend. "The results people are getting are fantastic," she says.

Ms Monley works with nutritionists and fitness consultants to develop the meals and happily eats the food herself every day. It costs $49 a day for the full plan. Eat Fit Food has now taken on corporate clients in the city who buy meals for staff who are working late. The company operates in Sydney but it may soon expand into Melbourne.