



Happy Earth Day, ISO FIT NATION!

This week's menu is now available! Go to isofitmeals.com and check out our latest offerings, as well as some classic ISO FIT favorites. Please place your order by noon on Friday, April 26th, to take advantage of our delicious and nutritious meals.

Your Monday Motivation for the Week of April 22nd

Schedule an appointment to get your vision checked — those stress headaches could actually be about your eyes.

Promo of the Week: Earth Day Savings



Happy Earth Day, ISOFIT Nation!

To celebrate our great planet, we are offering 20% off all orders placed before Midnight Tuesday night. Just enter promo code EARTH to enjoy great savings!

NOTE: Promo excludes Chef's Selections orders

New Cooler Bag Meal Delivery Option Now Available

We know that weekends can get busy and that sometimes it is challenging to be available for your Sunday ISOFIT delivery.



With this in mind, we have introduced a third delivery option to give you more flexibility: Meal Delivery with Cooler Bags.

How does it work? Well, on delivery day our team will place your meals in an insulated cooler bag packed with ice packs. Your delivery driver will then deliver your meals to your door during our delivery window of 10 am to 3 pm. If you miss your delivery, no worries! The driver will leave your meals at your door. The insulated bags will keep your meals cold for up to three hours, allowing you extra time to get your meals into your fridge.

To take advantage of this option, simply select "Cooler Bag Delivery" at check out. Note that there is a \$5 surcharge for the bag and ice packs. However, the bags and ice packs are reusable, which means you can use them again for future orders and skip additional surcharges.

When placing a future order, select the regular delivery option and indicate in the notes section that you will be using your cooler bags. Then, simply place your bag(s) outside your door with the re-frozen ice packs on delivery day and our drivers will place your meals in your bags.

Note that this option is available for orders over \$30. Food will not be left at the door without a cooler bag and no refunds will be given for deliveries missed due to customer not being home or forgetting to leave a cooler bag for drivers.

Customers who forget to leave cooler bags for drivers will need to make

arrangements to pick up their orders from our store front location.

Updated Delivery Policy

As a reminder, our delivery window is Sunday between 10 am and 3 pm. Prior to delivery, our driver will make two attempts to contact you to confirm that someone is home to receive your meal delivery.



Click [HERE](#) to order

If we are unable to reach you to confirm delivery, your driver will move on to his/her next delivery and return your order to our store front location. This will ensure that our drivers are able to deliver to all of our customers within our promised delivery window. If you miss a delivery, you will need to make arrangements to pick up your order from our store front location. No refunds will be given for missed deliveries.

If you need more flexibility for your deliveries, be sure to check out our new Cooler Bag Delivery option.

We thank you for your understanding.



8 Ways to Celebrate Earth Day

Here are 8 ways you can come together and honor the earth that allows us to eat, breathe, love and exist.

1. Keep The Car In The Garage

How about leaving the car at home and walking, cycling or using public transport even just for today? Perhaps it's walking the kids to school instead of driving them, or you might opt to cycle to yoga. It may take you a little more time but you'll get to enjoy the fresh air, teach the kids about nature on the way to school, or read a book on the train or bus.

2. Recycle

As Voltaire says, "no snowflake in an avalanche ever feels responsible," yet

where would the avalanche be without each snowflake? In the same way, our individual and seemingly small habits can combine to have a powerful effect -- and recycling is a great example of this.

3. Invest In A Reusable Coffee Cup

For the price of a couple of lattes, you can buy yourself a reusable cup which means you won't be adding to the large pile of coffee-related rubbish. Earth Day is the perfect "excuse" to form a new habit that could save 5 cups and lids over the course of a work week, which is around 300 over the course of a year!

4. The Big Turn Off

Did anyone else's parents ever go on and on about turning off appliances or lights when you were a child? Chances are they were trying to save money on the power bill, but money isn't the only thing you'll be saving. For today, try turning off appliances at the wall when you're not using them, or switching off lights when you leave the room. It sounds so simple but still worth mentioning as it still takes conscious effort!

5. Unplug The TV

Relax, it's only one day! By making it a 'no TV' day, you'll have some extra time to connect with nature in some way. Enjoy a walk, get some fresh air, and appreciate your natural environment.

6. Get Planting

Today's the day to take the plunge and create a veggie patch. You'll not only be eliminating the carbon emissions that are involved in getting produce to plate, you'll also be able to enjoy fresh, organic produce whilst saving some money. If you find the idea of a veggie patch daunting or if you have limited outdoor space, you could start by planting some fresh herbs or a couple of lettuces in a bucket -- or for a rustic look, an old wine barrel.

7. BYO Grocery Bags

Making the effort to put reusable shopping bags in your car (or in your bag if you're observing point #1) could start a new habit that would reduce the use of plastic bags.

There are so many nifty reusable bags that fold up to a teeny tiny size, making earth-friendly shopping easy and convenient.

8. Be A Vegetarian For A Day

Today why not make a conscious choice to say no to meat and try some of the mouth-watering vegetarian options out there.

The excessive demand for meat creates an excessive strain on environmental resources, and the more we ask for, the more our planet suffers. At ISOfit, we offer a number of delicious vegetarian and vegan options, so why not order a couple meals and give it a go! And if you really can't go without meat for a whole day, at least commit to having one of your meals today be a vegetarian meal.

Source: www.doyouyoga.com

"Progress is impossible without change, and those who cannot change their minds cannot change anything."

– George Bernard Shaw



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