



HAPPY MONDAY, ISOFIT NATION!

It's mid-August and gardens across the south are ripe with beautiful tomatoes. Nothing screams summer in the south quite like a delicious, sun-ripened tomato.

To celebrate our love of these juicy red beauties, we have a number of dishes on this week's menu featuring our favorite summer fruit. So check out our menu at isofitmeals.com and remember to place your order by noon on **Friday, August 16th**, to take advantage of our tasty, nutritious meals.

Your Monday Motivation for the Week of August 12th

This week, focus on maintaining good posture. Straightening up is not only an instant confidence booster, but it can also prevent back problems and reduce stress. Your future self may just thank you.

Promo of the Week: Tasty Tuesday

This week we are featuring our Tasty Tuesday promotion! Order by Midnight, Tuesday, August 13th and receive 20% off your entire order.



Just enter promo code TASTYTUESDAY to save big!*

*Offer excludes Chef's Selections.



Souper Savings

This week you can enjoy 38% off our delicious Tomato Basil Soup! But to celebrate our love of tomatoes, this week we have cut the price from \$8.00 to \$4.99!

Click **HERE** to add this tasty and filling soup to your order.

Also, be sure to check out these additional sale items to cash in on this week's savings!

- **Keto
Chicken
Salad**

-
now
\$4.99

- **Cajun
Keto
Scramble**

-
now
\$4.99

Top 10 Health Benefits of Tomatoes

Whether you're eating a cherry tomato bruschetta or a homemade marinara sauce, you're doing your body a favor. Tomatoes are a delicious and versatile superfood loaded with antioxidants and numerous vitamins. Here are the top 10 health benefits of tomatoes.



1. Lowers cancer risk

Tomatoes contain antioxidants that target free radicals and oxidative stress contributing to cancerous tumor growth. Lycopene is a notable, well researched antioxidant present in tomatoes that is linked to preventing colon, prostate, and even lung cancer.

2. Decreases stroke risk

Tomatoes contain lycopene which has anti-inflammatory and anti-clotting properties to prevent and digest plaque build up.

3. Reduces blood pressure

A study found that tomato consumption helps lower blood pressure to a healthy range in type II diabetic people.

4. Maintains glucose levels

If you're battling diabetes, eating more tomatoes is a great way to incorporate more low glycemic foods to your diet to stabilize high blood glucose.

5. Strengthens your mental health

Daily ingestion of tomatoes is associated with treating depression and Alzheimer disease. Tomatoes contain vitamins B and E, which can limit neural degeneration.

6. Good for eye health

Beta-carotene and lycopene are readily available in tomatoes and serve a dual function as an antioxidant and vitamin A precursor. These carotenoids aid in the filtration of harmful light entering the eyes.

7. Provides healthier skin

Biotin and vitamin C regulate protein production including collagen for skin repair, scar regression, and anti-aging properties.

8. Supports bone health

Tomatoes are have two essential minerals for humans. Magnesium functions as a cofactor for calcitonin, which is a hormone that redirects calcium from blood into bones. Potassium is another important mineral that prevents metabolic acidosis of bones, which prevents calcium loss as you age.

9. Reduces risk of birth defects

Scientists from the University of Florida developed a way to engineer folate-dense tomatoes, which in turn can protect the mother and fetus from developmental problems. Folic acid is a B vitamin that is used to supplement pregnancy for protection against neural tube defects.

10. Prevents Anemia

The high amount of vitamin C in tomatoes is essential for the absorption of iron. Not to mention, consuming up to one cup of sun dried tomatoes provides you with $\frac{1}{3}$ of your daily recommended iron intake.

Source: <https://www.healthfitnessrevolution.com>

"In this world of uncertainty and woe, one thing remains unchanged: Fresh, canned, pureed, dried, salted, sliced, and served with sugar and cream, or pressed into juice, the tomato is reliable, friendly, and delicious. We would be nothing without it."

– Laurie Colwin



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