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## **HAPPY MONDAY, ISOFIT NATION!**

August is coming to a close and we can already sense a touch of Fall in the air. National Eat Outside Day (celebrated on August 31st) couldn't come at a better time as Mother Nature has given us a bit of a reprieve from the usual end-of-summer heat.

People have been eating outdoors since the beginning of mankind, but these days most of us eat the majority of our meals indoors. National Eat Outdoors Day is an opportunity to change that by getting out and enjoying some al fresco dining.

So make a point of eating outside this week, enjoy the waning warm days of summer, and take time to savor fresh food in the fresh air.

ISOFIT is happy to supply the fresh food! Check out our menu at [isofitmeals.com](http://isofitmeals.com) and remember to place your order by noon on **Friday, August 30th**, to take

advantage of our tasty, nutritious meals.

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## Your Monday Motivation for the Week of August 26th

Make plans to celebrate National Eat Outside Day! Find a picnic table, a park bench, or an outdoor restaurant. You can even spread a blanket out on the lawn or eat on the patio. Just choose a place outside to eat a meal or enjoy a snack outside in the sunshine and fresh air. You will be glad you did!

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### Promo of the Week: Tasty Tuesday

This week we are featuring our Tasty Tuesday promotion! Order by Midnight, Tuesday, August 27th and receive 20% off your entire order.

Just enter promo code TASTYTUESDAY to save big!\*

\*Offer excludes Chef's Selections.

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### NEW Fit Snack! Snack & Sea

At ISOFIT Meals, we know that variety is not just the spice of life...it's also the key to sticking to your diet! This is why we are constantly working to bring you new and exciting menu items.

Treat yourself our new Snack & Sea, a delicious composition of shrimp, tomatoes, and zucchini seasoned with sea salt, basil, and oregano. At only 150 calories and 18g of protein, we think you will find our newest menu item to be *shrimply* irresistible!



Click [HERE](#) to order!



## **REMINDER: Save the Date for our Grand Opening!**

Your are cordially invited to attend our Fit Foodies restaurant grand opening celebration!

We'll have a DJ providing tunes, a bartender providing cocktails, and --of course-- we will provide the FOOD! We will also have games and a jump house for the kids.

**DATE:** Saturday, September 7

**TIME:** 11:30 am - 5:00 pm; Ribbon Cutting at Noon

**LOCATION:** 3999 Austell Rd, Ste 355, Austell, GA

Our Fit Foodies menu was developed based on ISOFIT Meals' customer and staff favorites and nearly all menu items are within the 500-calorie range.

We also offer flexible options to lower carb and calorie counts, e.g. substituting cauliflower rice for white rice.

In addition to our regular menu, Fit Foodies also has delicious smoothies, making it the perfect stop after work or post-workout.

Last but not least, Fit Foodies also has our ISOFIT Meals2Go outlet.

Forget to order your meals for the week? Well, you can come by the restaurant and pick up items from that week's menu.

As you can see, Fit Foodies is where it's at, so make plans to join us for our Grand Opening!

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## **REMINDER: Cooler Bag Check Out Process**

If you subscribe to our Cooler Bag

Delivery program, PLEASE remember to select "existing cooler bag" on the check out page when placing your orders. This information is crucial for the planning of our deliveries and informs what our drivers need to bring and in what order they need to deliver meals.



In addition, if you are using the cooler bags for your deliveries, please don't forget to leave your bags AND ice packs for our drivers.

If you fail to leave your cooler bag and ice packs, our drivers will return your meals to our store front location and you will need to make other arrangements for pick up.

Thank you for your understanding.

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**"Eating outdoors makes for good health and long life and good temper, everyone knows that."**

– Elsie de Wolfe



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