



HAPPY MONDAY, ISOFIT NATION!

Check out this week's delicious offerings at isofitmeals.com. Please place your order by noon on **Friday, July 26th**, to take advantage of our tasty, nutritious meals.

Your Monday Motivation for the Week of July 22nd

This week, try to eat every two to three hours by peppering small meals and healthy snacks throughout your day. This should help you sustain your energy and fullness all day long. Need snack ideas? Check out our **new offerings** this week!

Promo of the Week: Tasty

Tuesday

This week we are featuring our Tasty Tuesday promotion! Order by Midnight, Tuesday, July 23rd and receive 20% off your entire order.



Just enter promo code
TASTYTUESDAY to save big!*

*Offer excludes Chef's Selections.



Introducing Two New Fit Snacks!

We believe that variety is the spice of life AND the key to eating healthy! So we are always working hard to bring you new, tasty meal options. Last week we introduced our new **Keto Chicken Salad** and this week we are bringing you two more deliciously healthy snacks!

As the name says, our **Protein Blast Fit Snack** is packed with protein (28 grams!) to help you stay full between meals. It features a tasty mix of Diced

Chicken Breast, Cheddar Cheese Cubes, and Almonds.

Our new **Loaded Broccoli Fit Snack** is a delicious, low-carb way to get in your recommended daily allowance of vegetables (and bacon). It contains Steamed Broccoli, Cheddar Cheese, Sour Cream, Bacon, Chives, Salt & Pepper, all for just 221 calories and 5 grams of carbs.

Click [HERE](#) to add these savory snacks to your order today!

4 Health Benefits Of Healthy Snacking

Many people avoid snacks because they are afraid that snacks contribute to weight gain. However, a healthy snack can offer

health benefits. Snacks can even be included in a weight loss plan. The trick is to choose a snack with about 100 calories and a mix of carbohydrates, protein and healthy fats. Aim to eat your snack about halfway between meals to keep energy levels consistent.



1. Increased Nutrient Intake

Eating a healthy snack allows you to add to your intake of essential nutrients. Fruits and vegetables add immunity-boosting vitamins A and C. They also offer fiber and fill your stomach for very few calories. Add low-fat cheese, yogurt or hummus to increase protein intake, which is necessary for healthy muscles, skin, cells and hair. Whole grain crackers add complex carbohydrates and additional fiber. Low-fat dairy foods increase calcium intake, a nutrient that is needed for healthy bones. A handful of nuts at snack time adds healthy fats to your diet, which protect your heart and brain.

2. Appetite Control

Having a snack between meals prevents you from becoming so hungry that you reach for unhealthy junk food. A healthy snack keeps hunger at bay and allows you to stick to a moderate amount of food when you do eat your next meal. Choose snacks such as string cheese and fruit or peanut butter on whole grain crackers; these items are low in calories but will satisfy hunger.

3. Increased Energy

A healthy snack made up of complex carbohydrates, protein and healthy fats increases your energy levels for a longer period of time than sugary snacks do. This is because sugar will cause your blood sugar to spike and then crash, leaving you hungry and lethargic. Complex carbohydrates are a stable source of energy, and including them in a healthy snack helps you power through your tasks between meals. A good choice would be yogurt with a small amount of granola or trail mix.

4. Better Concentration

Adding healthy snacks between meals increases focus and performance, both at school and work. Children are able to comprehend and retain information presented in the classroom at a higher rate when their bodies are fueled consistently, according to the American Dietetic Association. Adults may find that eating a small snack in the afternoon gets them through their tasks more quickly and efficiently. Try snacks such as vegetables and hummus, popcorn or a low-calorie energy bar.

10 POWER SNACK FOOD COMBOS

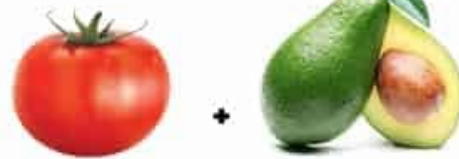
to Get You Through the Day

HELLONATURAL.CO



Almonds + plain greek yogurt

1 2



Tomatoes + avocados



Oatmeal + pumpkin seeds

3 4

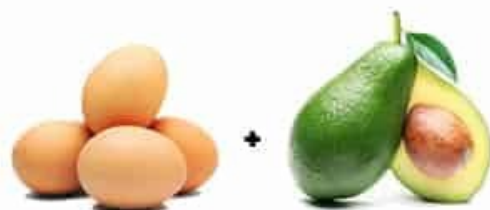


Apple slices + peanut butter



Green smoothie + wheat germ

5 6



Egg + avoocado

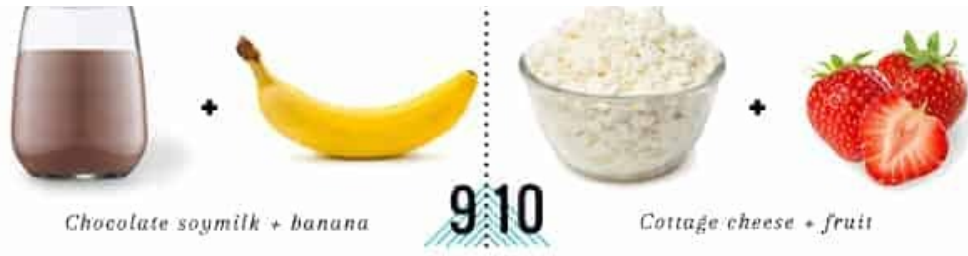


Sweet potato + black beans

7 8



Veggie chips + hummus



“The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines.”

– Anne Lamott



©2019 ISOFIT Meals | Austell, GA 30106, USA

Like Tweet

Web Version Preferences Forward Unsubscribe

Powered by
GoDaddy Email Marketing®