



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

In honor of one of our favorite superfoods - quinoa - we are rolling out some new quinoa menu items and offering up some SUPER discounts.

Check out this week's delicious offerings at [isofitmeals.com](http://isofitmeals.com). Please place your order by noon on **Friday, August 2nd**, to take advantage of our tasty, nutritious meals.

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### **Your Monday Motivation for the Week of July 29th**

The USDA recommends that half of your recommended daily grain consumption (6 oz) be comprised of whole grains. This week, focus on adding more whole grains to your day with some simple switches...sub whole wheat bread for white bread, brown rice for white rice, or quinoa for pasta.

**Bonus Tip:** Popcorn is also a whole grain and can be a healthy snack if made

with little or no added salt and butter!

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## Promo of the Week: Super-Sized Early Bird

This week we are SUPERSIZING our usual Early Bird Promotion by adding an extra 5% to our already spectacular savings. You can save up to 25% off our standard menu pricing!

Place your order before Wednesday at 5:00 p.m. ET and use one of the coupon codes below to earn SUPERSIZED savings.



- Earlybird15pack for 25% off your order of 15 meals or more!!!
- Earlybird10pack for 20% off your order of 10 to 14 meals
- Earlybird5pluspack for 15% off your order of 5 to 9 meals



## New Quinoa Menu Items

How do we love quinoa; let us count the ways! This gluten-free superfood is high in protein, fiber, and nutrients. And not only is it good for you, but it has a delicious, nutty flavor that can enhance any meal.

This week, we are excited to introduce two new quinoa menu items for you to enjoy.

The first is our **TRUFFLE & THYME MUSHROOM QUINOA**. This delicious snack features Quinoa, Coconut Oil, Minced, Garlic, Mushrooms, Thyme, and some decadent Truffle Salt. And at only 210 calories, you get all the decadence with none of the guilt!

Our other new item is our **BREAKFAST QUINOA VEGGIE SCRAMBLE** designed to get your day off to a high energy note. This tasty combination of Quinoa, Mushrooms, Asparagus, Bell Peppers, Spinach, Tomatoes, Egg Whites

is packed with 17 grams of protein and only 150 calories!

So if you are looking for an easy and delicious way to supercharge your diet, add these items to your order today!

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## End of Summer Savings

Another Summer is coming to an end and soon school will be back in session. To help soften the blow, we are saying good-bye to our favorite season with an End-of-Summer Savings event!



This week, enjoy reduced pricing on some of your favorite breakfast and snack menu options including:

- **CAJUN  
KETO  
SCRAMBLE**
- **EGG  
CUPS  
(TURKEY  
or  
HAM)**
- **PROTEIN  
BLAST  
FIT  
SNACK\*\***
- **KETO  
CHICKEN  
SALAD**

Though we will all miss the Summer, you don't want to miss out on these spectacular savings. Go to [ISOFITmeals.com](https://www.isoFITmeals.com) and place your order today.

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United States Department of Agriculture

10 tips  
Nutrition  
Education Series



MyPlate  
MyWins

Based on the  
Dietary  
Guidelines  
for Americans

## Make half your grains whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy eating style have a reduced risk of some chronic diseases.

**1 Make simple shifts**  
To make half your grains whole grains, choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.

**2 Whole grains can be healthy snacks**  
Popcorn is a whole grain. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



**3 Save some time**  
Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.

**4 Mix it up with whole grains**  
Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.



**5 Try whole-wheat versions**  
Change up your favorite meal with whole grains. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat noodles in lasagna.

**6 Bake up some whole-grain goodness**  
Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

**7 Be a good role model for children**  
Set a good example for children by serving and eating whole grains every day with meals or as snacks.



**8 Check the label**  
Most refined grains are enriched. This means that certain B vitamins and iron are added back after processing. Check the ingredients list to make sure the word "enriched" is included in the grain name.

**9 Know what to look for on the ingredients list**  
Read the ingredients list and choose products that name a whole-grain ingredient *first* on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," or "whole rye."

**10 Be a smart shopper**  
The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain **any** whole grain.



Center for Nutrition Policy and Promotion  
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for more information.

DG TipSheet No. 4  
June 2011  
Revised October 2016

**“Never eat ingredients you can't pronounce. Unless it's quinoa.  
You should eat quinoa.”**

– Unknown



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