



## Happy Monday, ISOFIT NATION!

This week's menu is now available! Go to isofitmeals.com and check out our latest offerings, as well as some classic ISOFIT favorites. Please place your order by noon on Friday, March 22nd, to take advantage of our delicious and nutritious meals.

### Your Monday Motivation for the Week of March 18th

Spring is here and fruits like citrus, strawberries, and kiwis are coming into season! Celebrate by eating at least a serving of fruit daily for a week.

Promo of the Week: Early Bird Special



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

■ Earlybird15pack

for

20%

off

your

order

of

15

meals

or

more!!!

■ Earlybird10pack

for

15%

off

your

order

of

10

to

14

meals

■ Earlybird5pluspack

for

10%

off

your

order

of

5

to

9

meals

# Last Week for Yelp! Promo

Time is running out on our Yelp! Promo offer which expires this Friday.

You can still enjoy incredible savings by helping to spread the word about ISOFIT!

Simply log on to Yelp!, search "ISOFIT Meals" and write a review to let people know what you think of us.



Once you submit your review, use Promo Code YELP15% for 15% off your next order over \$90 or YELP10% for 10% off your order over \$45.\*

Please note that promo codes can only be used once and cannot be combined with other offers. Yelp promo code submissions will be validated against Yelp reviews prior to order fulfillment.



### **Around Town with ISOFIT**

ISOFIT has taken our show on the road!

This week you can find us at Planet Fitness in Mableton.

Come by and see us at this Thursday,

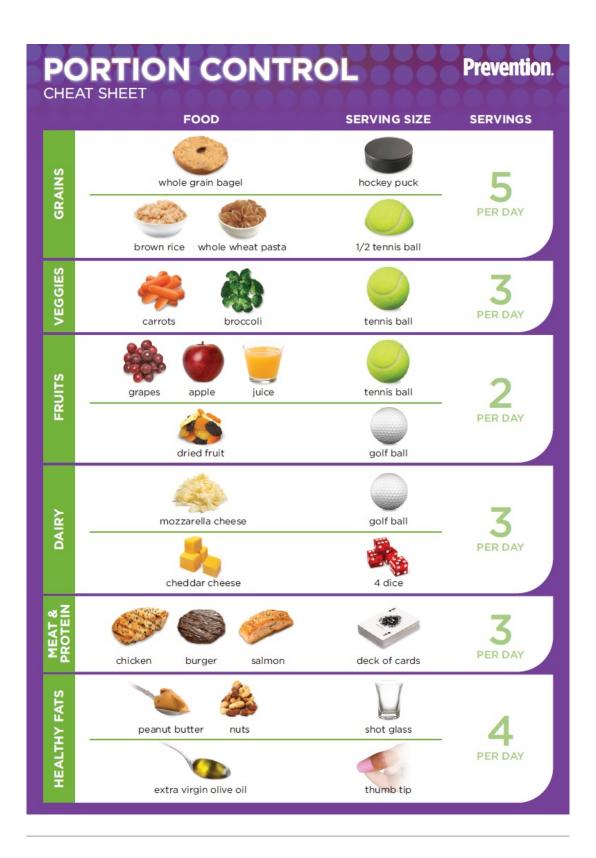
March 21st, from 4 - 8 pm. The address is:

Planet Fitness 5590 Mableton Pkwy Mableton, GA 30126 (770) 732-0076

And continue to watch this space for future events!

### **March is National Nutrition Month**

Portion control is an important part of good nutrition. As part of this month's series on nutrition, below is an at-a-glance tool you can use to determine serving sizes for the foods you eat every day.



"To eat is a necessity, but to eat intelligently is an art."

- La Rochefoucald

