



## Happy Monday, ISOFIT NATION!

This week's menu is now available! Go to [isofitmeals.com](http://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.

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### **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.

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## **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.

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

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## 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.



**CLICK HERE**  
to post your review

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!

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## **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.

# PORTION CONTROL

CHEAT SHEET

Prevention.

	FOOD	SERVING SIZE	SERVINGS
GRAINS	 whole grain bagel	 hockey puck	5 PER DAY
	  brown rice whole wheat pasta	 1/2 tennis ball	
VEGGIES	  carrots broccoli	 tennis ball	3 PER DAY
	   grapes apple juice	 tennis ball	
FRUITS	 dried fruit	 golf ball	2 PER DAY
	 mozzarella cheese	 golf ball	
DAIRY	 cheddar cheese	 4 dice	3 PER DAY
	   chicken burger salmon	 deck of cards	
MEAT & PROTEIN	  peanut butter nuts	 shot glass	4 PER DAY
	 extra virgin olive oil	 thumb tip	

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

– La Rochefoucauld



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