



## Happy Monday, ISO FIT NATION!

Check out this week's delicious menu offerings at [isofitmeals.com](https://isofitmeals.com). Please place your order by noon on Friday, May 24th, to take advantage of our delicious and nutritious meals.

---

### Your Monday Motivation for the Week of May 20th

Make plans to explore a new place -- close to home or far away. Sometimes a change in latitude is just what you need to improve your attitude.

---

## Congrats to Our Week 2 Instagram Contest Winner!

Congratulations to our latest winner, Vanessa

Humphrey. Her winning post (featured at right) has earned her THREE FREE chef's choice meals

If you would like to win some free meals, **just show us some Instagram love as part of our ISOFIT Show the Love promotion!**

To qualify, simply post a photo on Instagram and tag @ISOFITMEALS in your post.\*

What kind of photo? Well, that's up to you...it could be a photo of your ISOFIT Meal, a pic of your weight loss journey, or even a shot of you reading our newsletter!

You will be entered into a drawing for three free chef's choice meals. We will select a winner each week for the month of May.

So get to posting and show your love for ISOFIT!

*\*Instagram posts must be true posts -- not Instagram stories -- to qualify for this promotion.*



## Promo of the Week: Tasty Tuesday

Place your order by Midnight Tuesday and receive 30% off your entire order.

Simply enter promo code

TASTYTUESDAY to save big!\*

\*Offer excludes Chef's Selections.

## Ice Pack Reminder

If you are using our new ISOFIT Cooler Bags, please remember to put your ice

packs in your bags when placing them outside your door.

This allows our drivers to replace your ice packs with newly frozen packs and return the old ice packs to our facility for use in future deliveries.



If you have any questions, please give contact us at [Support@ISOFITmeals.com](mailto:Support@ISOFITmeals.com).



**F45  
8 WEEK  
CHALLENGE**  
29 APRIL - 23 JUNE  
DAILY MEAL PLANS  
WEEKLY BLOGS & VIDEOS  
16 POINT PLAN



## **REMINDER: Check Out F45 Training North Smyrna for FREE!**

Last week we shared the news about our exciting new partnership with F45 Training North Smyrna. Well, today we

have more exciting news to share!

**F45 Training North Smyrna is offering a FREE TRIAL where you can experience unlimited classes for one full week!**

Simply go to <https://f45training.com/NorthSmyrna/trial/> to sign up for your one-week free trial. We know you will be amazed by all they have to offer!

New to F45? F45 is a revolutionary training system that is changing lives around the globe. Born in Australia, this phenomenal system is the most innovative, challenging, and systemised team training workout in the world.

The North Smyrna facility is now featuring ISOFIT as a healthy meal option as part of their latest 8 Week Challenge. This program is designed to help you achieve your goals in every way possible. Whether you are looking to reach your goal weight, tone up, or increase your fitness level, F45 can provide you the tools and support you need to succeed.

Want to know more about F45 or interested in joining the F45 8 Week challenge? Visit F45 North Smyrna at 2440 Atlanta Rd SE Suite 400 Smyrna, GA 30080 for more information.

---

**"When the sun is shining, I can do anything: no mountain is too high, no trouble too difficult to overcome."**

– Wilma Rudolph



©2019 ISOFIT Meals | Austell, GA 30106, USA

Like

Tweet

Web Version

Preferences

Forward

Unsubscribe

Powered by  
**GoDaddy Email Marketing**®