



Happy SAVINGS, ISOFIT NATION!

Today we are bringing you a ton of savings and discounts! From a free trial gym membership to a chance to win THREE FREE meals to our weekly promo code, you don't want to miss any of the articles in this week's newsletter.

Check out this week's delicious menu offerings at isofitmeals.com Please place your order by noon on Friday, May 10th, to take advantage of our delicious and nutritious meals.

Your Monday Motivation for the Week of May 6th

Order brown rice instead of white. Your body will thank you for it.

Our Show The Love Contest



is BACK!

We need YOUR help to promote ISOFIT Meals and the food you love to eat!

Just show us some Instagram love and you could win THREE FREE chef's choice meals as part of our ISOFIT Show the Love promotion!

It's simple 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!

Just tag @ISOFITMEALS and 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.*

We Want YOU to Create our Next Menu!

Our next menu will feature our customers' favorite meals and we need your input!

Simply email support@isofitmeals.com and tell us what meal you would like to see on our next menu. You can select an item from a previous ISOFIT menu OR send us a completely new recipe of your choosing. Please email us your selections by Saturday, May 11th to participate.



If we feature your selection on our May 20th menu, you will receive that meal for FREE!



New ISO FIT Cooler Bags Are Here!

We have upgraded our cooler bags and improved the checkout process to make things easier for our customers.

To get your own ISO FIT cooler bag, simply select "Cooler Bag Delivery" at check out and our drivers will deliver your next order in your new bag, which will keep your meals cool for up to three hours.

Note that there is a \$5 surcharge for the bag and ice packs. However, the bags and ice packs are reusable, which means you can use them again for future orders and skip additional surcharges.

To use your bag for future orders, simply select "Existing Cooler Bag" at check out. Selecting this option will notify our delivery team that you are using an existing cooler bag for your order and ensure you are not charged for an additional bag. On your delivery day, you will simply place your bag outside your door with the re-frozen ice packs. Our drivers will then place your meals in your existing bag.

Please note that your safety is of the utmost importance to us, so our drivers will not be able to leave orders without a cooler bag. If you forget to leave your bag for the drivers, we ask that you plan to pick up your order from our store front location.

If you have any questions, please give contact us at Support@ISO FITmeals.com.

Promo of the Week: Early Bird Discount

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

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



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.



REMINDER: Updated Delivery Policy

As a reminder, our delivery window is Sunday between 10 am and 3 pm. Prior to delivery, our driver will make two attempts to contact you to confirm that someone is home to receive your meal delivery.

If we are unable to reach you to confirm delivery, your driver will move on to his/her next delivery and return your order to our store front location. This will ensure that our drivers are able to deliver to all of our customers within our promised delivery window. If you miss a delivery, you will need to make arrangements to pick up your order from our store front location. No refunds will be given for missed deliveries.

If you need more flexibility for your deliveries, be sure to check out our new Cooler Bag Delivery option.

We thank you for your understanding.

"Good health is not something we can buy; however, it can be an extremely valuable savings account."

– Anne Wilson Shaef



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