



THANK YOU!!



HAPPY MONDAY, ISOFIT NATION!

Wow! We are absolutely overwhelmed by the number of people who came out to help us celebrate the Grand Opening of our Fit Foodies restaurant. It has been a long journey and we would never have made it this far without each and every one of you. Words seem insufficient to express just how much we appreciate your support and patronage, but we have to say, "THANK YOU!" Thanks to all of you who have helped us build this business. Thanks to everyone who showed up

at our Grand Opening -- in body and in spirit. Thank you for all of the words of encouragement. And thank you for your continued support. We love you, ISOFIT Nation!

This week's ISOFIT Meals menu is now available. Check it out at isofitmeals.com and remember to place your order by noon on **Friday, September 13th**, to take advantage of our tasty, nutritious meals.

Your Monday Motivation for the Week of September 9th

This week, commit to cutting your social media time in half. Research shows that constant attention to your newsfeed encourages **social comparison**, which can lead to depression. So take a break from your newsfeed and base your evaluation of life on how YOU feel — not on how cool it looks through a filter.



Promo of the Week: Tasty Tuesday

This week we are featuring our Tasty Tuesday promotion! Order by Midnight, Tuesday, September 10th and receive 20% off your entire order.

Just enter promo code TASTYTUESDAY to save big!*

*Offer excludes Chef's Selections.

COMING SOON: ISOFIT2GO

How many times has the week gotten away from you and the next thing you know, it's after Noon on Friday and you've missed the opportunity to place your ISOFIT Meals order for the next week? Isn't that the worst feeling?



Well, we have a solution for the "Missed the Order Window Blues"!

In the coming weeks, we will be launching ISOFIT2GO.

How does it work? Each week, we will stock select ISOFIT Meals at our Fit Foodies location. Simply come by the restaurant, purchase the available items from that week's menu, and then head home happy in the knowledge that you are stocked up with healthy meals for another week!

Stay tuned for more details.



REMINDER: Come Check Out Fit Foodies!

If you haven't tried Fit Foodies, what are you waiting for?

In addition to many of the same delicious offerings you enjoy with ISOFIT Meals, Fit Foodies also features fresh new menu items for you to experience.

Our Fit Foodies menu was developed based on ISOFIT Meals' customer and staff favorites and nearly all menu items are within the 500-calorie range.

We also offer flexible options to lower carb and calorie counts, e.g. substituting cauliflower rice for white rice.

As you can see, Fit Foodies is where it's at, so make plans to stop in for a bite!

LOCATION:

3999 Austell Rd, Ste 355, Austell, GA

HOURS:

Monday: Closed

Tuesday: 11AM – 8PM

Wednesday: 11AM – 8PM

Thursday: 11AM – 8PM

Friday: Closed

Saturday: 12PM – 8PM

Sunday: 11AM – 6PM

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

– Zig Ziglar



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