



Your perfect solution for a healthier, slimmer you! For easy weight-loss or just a delicious, convenient way to treat your body well! Like thousands of others, you may quickly find Fresh 'n Fit Cuisine is **like a dream come true**. Now imagine your experience of eating three delicious, nutritionally balanced, guaranteed fresh, healthy meals, prepared locally, each and every day

Got a goal to lose a few pounds? You'll achieve this, too! With Fresh 'n Fit Cuisine there's great eating with highly nutritious and calorie controlled meals that provide the discipline you've been looking for. And the time you'll save will be available for exercise or sports activities. Just follow your heart, eat with us and in weeks you'll see the pounds melting away – naturally.

The Fresh 'n Fit kitchen is the only one in the Atlanta area that cooks without any artificial colors or flavors, added preservatives, or trans fats -- and guarantees low sodium! Plus you benefit from dietary meals that follow the guidelines of The American Diabetes Association, The American Heart Association and The American Cancer Society! For easy weight-loss or just a delicious, convenient way to treat your body well! Like thousands of others, you may quickly find Fresh 'n Fit Cuisine is **like a dream come true**. Now imagine your experience of eating three delicious, nutritionally balanced, guaranteed fresh, healthy meals, prepared locally, each and every day

How it Works: Choose from 1200 or 2000 calorie meals, 5-day or 7-day (includes weekends). The 7-day plan starts with Monday dinner and ends with the following Monday lunch. You will receive 21 meals - Breakfast, Lunch and Dinner - for 7 days.

The 5-day plan starts with Monday dinner and ends with the following Monday lunch BUT omits the weekend meals. You will receive 15 meals - Breakfast, Lunch and Dinner for 5 days. Prices are as follows:

5-day plan: \$105.00 for 1200 calorie; \$125.00 for 2000 calorie

7-day plan: \$125.00 for 1200 calorie; \$150.00 for 2000 calorie

All orders must be in by 10 am on Wednesday for the following week. Pick up location is Health Place (Kennestone). To place your order, or for more information, contact 770-793-7300 or by email at freshnfit@wellstar.org.

For more details on Fresh-n-fit cuisine, visit www.freshnfitcuisine.com.

