



# Welcome TO THE PTF FAMILY!

## WHAT'S IN YOUR BOX:

- ✓ Delicious, fully cooked meals – no prep needed, just heat and eat!
- ✓ Low-carb, high-protein options to fuel your health and wellness goals.
- ✓ Individually packed proteins, veggies, and/or breakfasts (*depending on your plan selection*) so you can customize every meal, every time, with endless combinations.
- ✓ Easy storage items – flat packed to save the most space in your freezer!

## SET UP FOR SUCCESS

Unpack your meals and organize by type – proteins, veggies, and/or breakfast (*depending on your plan selection*) – so that you can easily grab and go when it's time to make a meal.

Our packaging allows for neat, space-saving storage. Meals can be stored in the freezer up to six months until you're ready to heat and eat!

## HEAT, EAT & ENJOY!

Our meals are made with ease and convenience in mind. All you have to do is heat and eat following these steps!

**Step 1:** Remove Meals From Packaging

**Step 2:** Heat Using a Microwave, Air Fryer, Oven or Stovetop by Following our Heating Guide:

### HEATING GUIDE

*\*Note, all heating appliances heat differently. Adjust as needed to reach your ideal temperature and texture.*



**Microwave:** Heat for **2–3 minutes**



**Air Fryer:** Heat **350°F** for **8–10 minutes**



**Oven:** Heat at **375°F** for **15–20 minutes**



**Stovetop:** Sauté in a pan over **medium** heat for **5–7 minutes**

## FUEL YOUR BODY, FEEL YOUR BEST



Like most things in life, consistency is key. When you incorporate PTF meals into your regular diet, you can experience a multitude of health and wellness benefits, including:

- ✓ Lose Weight Easily (*Up to 2 lbs Per Week!\**)
- ✓ Increase Your Energy
- ✓ Lower Your Blood Sugar
- ✓ Reduce Inflammation
- ✓ Improve Your Cholesterol
- ✓ Regulate Your Appetite

*\*Results can vary due to several factors and are not guaranteed. Expect to lose about 1-2 lbs. per week.*

*And more!*

**Personal Trainer Food™**

## YOUR ACCOUNT, YOUR WAY

Whether you signed up for a subscription (*recommended!*) or you've just ordered a one-time delivery, your Customer Account Area is the place to easily manage your next order. Login to your account to:

- Customize Your Menu Items
- Update Your Plan or Subscription
- Adjust Your Delivery Dates
- Modify Your Payment Info

And, if you set up a subscription, you'll automatically get **25% off your next order within your subscription** and the best value on our meal plans.

Visit [personaltrainerfood.com/user](https://personaltrainerfood.com/user) to login to your account, or scan the QR code:



## LOVE YOUR MEALS? LET US KNOW!

We love hearing from our customers! Your feedback helps us continue improving and providing the best experience possible. If you're enjoying your meals, we'd be grateful if you could take a minute to share your thoughts.

Have concerns? Please reach out to us! We always appreciate your honest input.

Visit ★★★★★ [trustpilot.com/review/personaltrainerfood.com](https://trustpilot.com/review/personaltrainerfood.com) or scan the QR code to leave us a review.



### Bonus:

Your review could be featured on our website or social media!

## QUESTIONS? WE'VE GOT YOU!

Our team is here to support you through every step of your health and wellness journey.

✉ EMAIL: [CustomerSupport@PersonalTrainerFood.com](mailto:CustomerSupport@PersonalTrainerFood.com)

💬 LIVE CHAT:  
Available On Our Website

### Frequently Asked Questions:

Visit

[personaltrainerfood.com/get-in-touch.php](https://personaltrainerfood.com/get-in-touch.php) or scan the QR code to review some Frequently Asked Questions that might help you as you get started with your journey.



## JUST CAN'T GET ENOUGH? WE'VE GOT YOU COVERED.

Looking for more information on nutritional eating, weight loss tips, or the best ways to enjoy your PTF meals? Visit our website for the latest blog posts written by the minds behind our proven program.



Visit

[personaltrainerfood.com/blog](https://personaltrainerfood.com/blog) to check it out, or scan the QR code!



# Personal Trainer Food™