

Personal Trainer Food™

Great Taste, Small Waist™

Welcome to Personal Trainer Food™!

Congratulations! You have just taken the first step to a new you! With your purchase of one of our great meal plans, you have shown that you are dedicated to losing weight. Get ready to shed those extra pounds! The following information will help you prepare for your next 28 days of weight loss.

Before Your Food Arrives:

Before your order arrives, take a moment to check out the space you have available in your freezer. Remember, this is 28 days of real food! All the food will fit in most standard-sized freezers, but it is a good idea to ensure that you have the room for your plan.

Now is a great time to remove all the junk food you might have in your freezer. By removing these items, you will be less likely to cheat while on your plan. If you have other people in your home who eat those unhealthy foods, you might consider sharing your program with them. Why not get them started on the path to health with you?

If you have a small freezer, you can store up to 14 days of meats and breakfasts in your refrigerator. These items will keep in the fridge because they are pre-cooked. Your vegetables need to be kept frozen at all times to avoid becoming soggy. If you still don't have enough space, you can always share your order with a friend or co-worker.

Fasting:

Before you begin your 28 day meal plan, we recommend a 24-48 hour clear liquid fast. While the fast is optional, it can help you get the best results. Fasting can help to reduce your sugar withdrawal symptoms and jump-start your fat loss. Fasting can also be used to help you break through weight loss plateaus. You can read more about fasting here: <http://www.personaltrainerfood.com/guidelines/docs/fasting.pdf>

When Your Order Arrives:

Once your food arrives, check the contents of your order. Please contact customer support at 1-800-273-1686 x2 or email CustomerSupport@PersonalTrainerFood.com if you have any questions about your food. We are here to ensure that you are happy with your program.

Preparing Your Meals:

Preparing Personal Trainer Food is simple. You do not have to stress about grocery shopping, meal planning, meal preparation, and clean up any more. All you have to do is heat your foods in the microwave and you will have a healthy meal on your plate within minutes. We like to say that Personal Trainer Food is faster than fast food--, and it is more affordable too!

Following Your Meal Program:

Our meal plans are very easy to follow and will help you learn how to eat right for the rest of your life. Your order will include a brochure that has a list of foods and beverages you can include with your plan. Those Guidelines will ensure that you get the best results possible. You can also check them out here: <http://www.PersonalTrainerFood.com/guidelines/docs/PTFCustomerBrochure2015.pdf>.

You can call our Weight Loss Coaches at any time if you have questions about your plan. They are experts at helping you get the most from your program. Many of them have been where you are and have lost weight eating the Personal Trainer Food way. Call 1-800-273-1686 x4, chat online at www.PersonalTrainerFood.com, or email WeightLossCoach@PersonalTrainerFood.com.

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When to Place Your Next Order:

We recommend placing your next order for Personal Trainer Food on day 21 of your plan. You can save \$100 on your next order with us using our Loyalty Rewards Program. We will send you a redemption code to use to access these big savings and you can also find it by logging into your account! If you can't find your code or need help deciding which plan would be best for you, give us a call 1-800-273-1686 x2.

Thank you for purchasing one of our delicious meal plans. We look forward to being of service to you as progress on your weight loss journey!

Here's to your success!

-From all of us at Personal Trainer Food