



PureFoods Fresh Start Diet Plan

You know what to do to lose weight, you just need a jump-start. Let the chefs at PureFoods Fresh Start Diet Plan prepare you real, delicious, healthy, FRESH food in appropriate portions. No measuring, counting, preparing, or cooking --- just start today! Give yourself the greatest gift ... better nutrition, better health, and a thinner you! Because you're worth it!

The Purefoods Difference: Real Weight Loss with Real Food you can Really Keep Off for Life!

New Eating Habit for Life:

-**Proper Portions:** PureFoods Fresh Start Program is designed to teach you how to eat "proper portions" on your own. In just 3 weeks, the time it takes to form a new habit, you learn how to size your portions and balance your meals...and then apply those concepts back in the "real world".

-**Satisfying, Filling Meals:** By filling your plate with low-glycemic, high fiber foods, you'll feel full and satisfied on normal portions...never hungry or tempted to cheat. Plus you'll lose weight and keep it off!!

-**Enjoy - Eat What You Like:** Customize your menu to fit your meal preferences. Or let us select a sampling of our broad menu designed by our registered dieticians by selecting our "Standard Menu."

Fresh, Delicious Food in "Fresh-Lock" Packaging:

-**FRESH Food** - We start with real, whole foods that are prepared fresh and shipped fresh to your door.

-**Delicious Taste** - Prepared fresh by our gourmet chef and culinary team, Purefoods focuses on tantalizing food flavors ...don't let yourself swallow those processed foods, bars or frozen meals again!

-**"Fresh-Lock" Packaging:** Our proprietary packaging system, based on proven European technology, safely and effectively keeps food fresh for 2 weeks upon receipt, days beyond other food containers.

Complete Meals:

-**All Food Is Included:** Each day you get – 3 Meals, 1 Snack, and 1 Treat! No shopping needed!

-**Ready to Eat:** Meals arrive ready to eat out of the refrigerator or heat and eat in 3 minutes!

-**Dietician and Nutritionist Approved:** To provide healthy weight-loss and meet USDA guidelines.

What Our Customers Say: "It's like having a chef in your fridge!"

PureFoods Fresh Start is a food based plan based on current leading healthy dieting principles of low glycemic index and filling, high fiber, "right-sized" meals. Nutritional highlights are:

- **Calories:** averaging 320-410 per meal or 1100-1360 per day
 - Snack and Treats range from 45-170 calories
- **Daily Calorie Composition:** avg. 50-55% good carbs, 20% healthy fat, 25-30% lean protein
- **Meal Composition:** 3-4 ounces lean protein, 1 cup vegetables, ½ cup whole grains
- **Low in Saturated Fat:** averaging less than 10% of the calories
- **Limited Sodium:** averaging 415mg per meal and under 100g for snacks/treats
- **High in Fiber:** averaging 20-23grams daily
- **Low in Sugar:** almost all meals average below 8 grams
- **No Trans Fats, No High Fructose Corn Syrup, No Hydrogenated Oils**

Let us Jump-Start you to a new Healthier, Thinner YOU!

www.PureFoodsFreshStart.com

1-866-52-MEALS (1-866-526-3257)



EXAMPLES OF PUREFOODS FRESH START MENU

Breakfasts:

Ranch Skillet (eggs, cheese, sweet potatoes, black beans)
Hearty Morning Cereal
Banana-Chocolate Almond-Butter Smoothie
Raisin Bran Muffin
Hearty Oatmeal with Craisins and almonds
Rolled Oats Granola with Hard Boiled Egg

Lunches:

Turkey Breast Wrap with Black Beans and Tomato Zucchini Salad
Hummus, Grilled Vegetables and Pita
Vegetarian Lentil Soup with Whole Wheat Roll and Cheddar Cheese
Three Bean Vegetarian Chili with Baby Carrots
Kung Pao Chicken with Brown Rice
Vegetarian curry with Chick Peas and Brown Rice
Quinoa and Whole Grain Garbanzo Bean Salad with Baby Carrots

Dinners:

Grilled Chicken Breast Salad with Chick Pea-Carrot Slaw, Greens and Whole Wheat Roll
Turkey Meatballs and Spaghetti Squash with Mixed Veggies
Baked Cod with Thyme and Black Bean Salad
Vegetable Ratatouille with Baked Chicken Breast and Whole Wheat roll
Turkey Chili with Black Beans and Oyster Crackers
Italian Meat Lasagna with Malibu Blend Veggies
BBQ Chicken with Tomato Zucchini Salad
Chicken Breast A La Marinara with Whole Wheat Spaghetti
Beef Steak with Mushrooms, Broccoli and Brown Rice