

Automatic Shipment Program:

The Automatic Shipment Program (ASP) is the most cost-effective and convenient way to get PureFit bars at your door each. Not only will you receive fresh, all-natural, high protein PureFit bars every month but you receive 2 free months of PureFit bars every year... that's right, free bars. The best part is that you'll never run out of bars and never have to run to the store.

Here is how it works:

Sign-up to receive 2 or more boxes of PureFit bars every month. On your sixth consecutive month we will send you a FREE order at NO CHARGE (except S&H). All you need to do is choose the number of boxes, the flavors, and your desired arrival date of the 1st or 15th of the month.

To get started simply call 866.PureFit (866.787.3348) or visit purefit.com and be on your way to better health.

**There is no obligation. You can cancel at anytime. All orders must be paid by credit card and any changes must be called in at least 10 days prior to your desired arrival date. Additional items may be added to any ASP order.*

PureFit[®]

NUTRITION BARS



*Nutrition bars are for everyone.
We decided to make one that was nutritious.*

1.866.PureFit | www.purefit.com | email: info@purefit.com

For our protection and yours, we need you to know the following information:

The information contained in this booklet, including, but not limited to; ideas, suggestions, techniques, recipes, and other materials, is educational in nature and is provided only as general information and is not medical or psychological advice. Transmission of the information in this booklet is not intended to create, and receipt does not constitute a client-coach or any other type of professional relationship between the reader and PureFit Inc. and should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature. Additionally, at this time, PureFit Inc. does not offer any phone, email or chat support for nutritional counseling, coaching or personal training, especially pertaining to these guidelines. It is recommended that you consult with a physician prior to starting any exercise regime and/or changing your nutritional program.

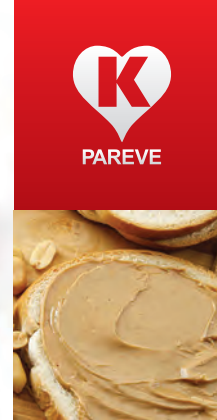
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PureFit[®]

NUTRITION BARS

Fat-Burning
Nutritional System



Who is PureFit Nutrition?

We are a company dedicated to educating, motivating, and liberating individuals toward optimum health and fitness. We promote regular exercise combined with a moderate protein diet for achieving body fat loss, improved energy, and an overall feeling of wellness. We encourage a diet of all-natural, whole foods.

The PureFit Fat-Burning Nutritional System

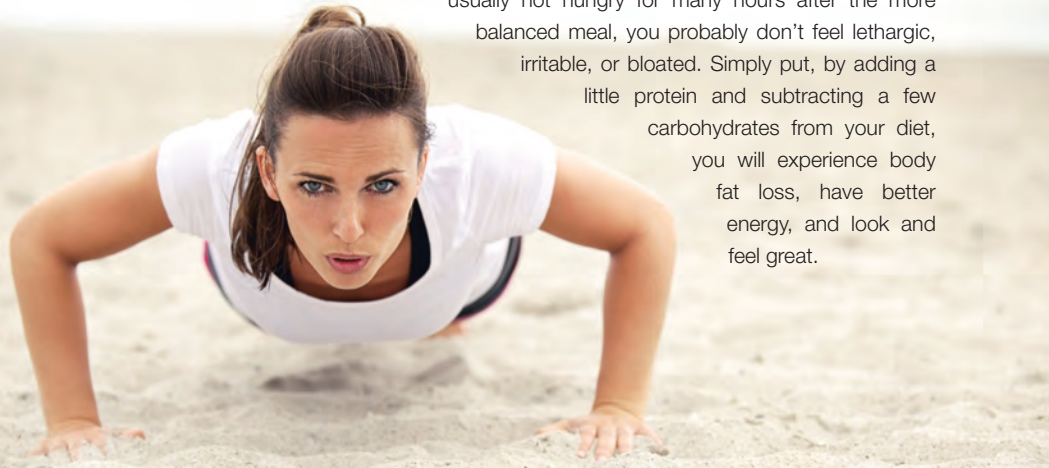
An important discovery in the health and fitness industry over the past ten years is the fact that we burn stored body fat faster while working out if we eat a diet composed of a moderate amount of carbohydrates (40%), a moderate amount of protein (30%) and a low to moderate amount of good dietary fats (30%). This is known as the 40/30/30 optimal fat burning ratio.

It is difficult to lose weight when eating a diet primarily composed of carbohydrates, because you force your body to burn carbohydrates (sugars). In comparison, when you eat a diet composed of 30% protein you allow your body to burn stored body fat—which is the reason most of us workout. In other words, the ratio of the carbohydrates, proteins, and fats in your diet determines if you will predominately burn carbohydrates or stored body fat.

Let's face it, we are always burning calories. Without getting too technical, it's the hormonal reaction from the foods we eat that determines what we will burn for energy. The normal response in the body to eating carbohydrates, (breads, pastas, fruits, sweets) is a rise in blood-sugar levels. To counteract and prevent excessive blood-sugar levels, the body produces insulin. Insulin stores calories as fat and glycogen and any excess as body fat.

The opposite hormone to insulin is glucagon. Protein in the diet releases glucagon, which mobilizes stored glycogen in the liver and bloodstream— allowing the muscles to burn fat, their preferred energy source. That is why when you burn more stored body fat, not only do you lose body fat, but you have more energy and endurance.

Just think how good you feel when you eat a more balanced meal, like a chicken breast salad, versus a high-carbohydrate meal like pasta and bread. Not only are you usually not hungry for many hours after the more balanced meal, you probably don't feel lethargic, irritable, or bloated. Simply put, by adding a little protein and subtracting a few carbohydrates from your diet, you will experience body fat loss, have better energy, and look and feel great.



The PureFit Fat-Burning Nutritional System recommends moderate intake of carbohydrates, proteins, and good dietary fats. In addition to two great-tasting PureFit bars a day, you'll eat three complete meals based on your individual needs. You'll also receive exercise guidelines, information about the best foods for your diet and the right amount of water.

Why PureFit Bars?

The PureFit Nutrition Bar is an integral part of the PureFit Fat-Burning Nutritional System. It provides many of the nutrients and calories you need to round out your diet. And it does not contain harmful ingredients found in virtually every nutrition bar on the market.

PureFit bars feature

- NO wheat or gluten
- NO dairy
- NO artificial sweeteners
- NO trans fats
- NO cholesterol
- NO added sugars
- NO synthetic vitamins
- NO animal products (vegan approved)
- NO hydrogenated oils



PureFit bars are all natural, low glycemic, non-dairy based on over 20 years of research and they offer:

- 40/30/30 optimal fat burning ratio
- 18 grams of protein
- Portability - will not melt
- Non-GMO soy
- Kosher certification
- No hidden carbohydrates in glycerin or sugar alcohols

So, whatever your dietary needs, PureFit has you covered. And, best of all, they are versatile. From lunch boxes to soccer moms, from Wall Street executives to pro-athletes — there is finally a nutrition bar designed not only for the whole person but for the whole family. So, whatever your dietary needs are, PureFit has you covered.

Exercise Tips

PureFit Nutrition recommends 45-60 minutes of continuous aerobic (cardio) activity, four to six times a week, at a moderate heart rate of 60-85% of your maximum heart rate.

Examples of Cardiovascular Activity:

Jogging

Brisk Walking

Cycling/Spinning

Swimming

Stair Master

PureFit also recommends strength and flexibility training on an individual basis. For example, yoga, pilates and weight lifting are excellent complements to cardiovascular activity.

Meal Planning Tips

The PureFit Bar is used as a nutritional supplement, not a meal replacement. If you workout first thing in the morning, eat a PureFit Bar with eight ounces of water or an appropriate beverage approximately 30 minutes before your workout. This will help ensure that your blood sugars are conducive to fat burning. If you workout late in the afternoon, your mid-afternoon bar will also be used as your pre-workout snack.

The sample meals in this guide are. For example, you can have Monday's breakfast on Friday, and vice versa. You can also have the same PureFit breakfast everyday.

Please adhere to the suggested meal requirements for two weeks. At that time, you can assess any changes that may be needed. If you experience your clothes fitting looser, better energy and endurance, or an overall feeling of well being, the program is working. If after two committed weeks you are still experiencing challenges or little or no results, please call one of our trained staff for support, guidance, and encouragement. We find that most people see changes in three to fourteen days. Remember, you did not put the weight on overnight, do not expect it to disappear overnight. If you experience one to two pounds of body fat loss a week your progress is outstanding. Any more weight loss than that is probably water, not fat.



Hydration Tips

Staying hydrated is extremely important for overall health, but especially important for sports performance and body fat loss. An average person needs eight 8-ounce cups (64 ounces) of water a day. Exercise increases this requirement as does extreme hot or cold climates. To ensure adequate hydration during activity, two cups (16 ounces) of water should be consumed before exercise, and an additional quart (32 ounces) during 60 to 90 minutes of exercise.

Caffeine

A 5-ounce cup of coffee contains about 130 mg of caffeine, while a cup of tea or a 12-ounce cola contains 40 mg. Used in moderation (two 5-ounce cups of coffee per day), caffeine is relatively harmless to healthy (non-pregnant) adults. In addition to the "wake-up" effects of caffeine, it also has a stimulatory effect on the digestive tract and metabolism. Unfortunately, it also stimulates the body to increase urine output, which can in turn increase the risk of dehydration. At higher levels (four or more cups of coffee per day), there is increased risk of recurring headaches, intestinal discomfort, dizziness, restlessness, agitation, and sleeping troubles. PureFit recommends consuming caffeine in moderation, and never consume caffeine within six hours of bedtime.

Alcohol

The quantity of pure alcohol varies widely from drink to drink. For example, 1/2 ounce of pure alcohol can be found in 3 to 4 ounces of wine, 8 to 12 ounces of beer, or 1 ounce of hard liquor. Although research shows that moderate intake of alcohol (one to two drinks per day) may have healthful benefits, drinking alcohol may also have negative effects on fat metabolism and un-needed calories. Intake of alcohol also stimulates urine output and increases the risk of dehydration. PureFit recommends consuming alcohol only in moderation, no more than two drinks daily, and never if you may be driving or operating heavy machinery.

Automatic Shipment Program (ASP)

How can we make the PureFit Fat-Burning Nutritional System even easier? We can send your bars automatically each month, like clockwork. Order now and we'll deliver on the first or fifteenth of the month, every month, at your convenience, until you cancel. And to keep you motivated, we'll send you a FREE order after each fifth consecutive shipment. That's two free months of PureFit bars every year.

There is no obligation. You can cancel anytime. All orders must be paid by credit card, and any changes must be called in ten days prior to your arrival date. Additional items may be added to any ASP order.

Simply call the toll free number today (866-PUREFIT) or log on to www.purefit.com and be on your way to better health.

Glycemic Index and Food Source Guide

The glycemic index (GI) rates how fast carbohydrates break down and increase blood sugar. Lower glycemic carbohydrates stabilize blood sugar better, which helps control insulin. Glycemic ratings: L = Low, M = Medium, H = High, VH = Very High

Fruits and Vegetables (Carbohydrate Source)

| Item | GI | Serving Size | Carbohydrates |
|---------------------|----|-------------------|---------------|
| Apple | L | 1 each | 25g |
| Asparagus | L | 1 cup | 8g |
| Banana | H | 1 each | 27g |
| Broccoli | L | 1 cup | 5g |
| Brussels sprouts | L | 1 cup | 8g |
| Cantaloupe | M | 1/2 (5" diameter) | 21g |
| Celery | L | 1 stalk | 1g |
| Cherries | L | 10 | 11g |
| Cucumber | L | 6 slices | 1g |
| Grapefruit | L | 1/2 medium | 9g |
| Grapes | M | medium 20 | 8g |
| Green beans, cooked | L | 1 cup | 9g |
| Green pepper | L | 1 each | 5g |
| Lettuce | L | 1 cup shredded | 2g |
| Mushrooms | L | 1/2 cup sliced | 2g |
| Onion | L | 1 cup sliced | 10g |
| Orange | M | 1 each | 15g |
| Orange juice | M | 6 ounces | 20g |
| Peach | M | 1 each | 10g |
| Pear | M | 1 each | 25g |
| Pineapple, fresh | M | 1 cup | 19g |
| Plum | L | 1 each | 9g |
| Raisins | H | 1/2 cup | 66g |
| Spinach, cooked | L | 1 cup | 7g |
| Spinach, raw | L | 1 cup | 2g |
| Strawberries | L | 1 cup | 10g |
| Tomato | L | 1 each | 6g |
| Watermelon | M | 1 cup | 12g |
| Zucchini | L | 1 cup | 4g |

Starches (Carbohydrate Source)

| Item | GI | Serving Size | Carbohydrates |
|----------------------|----|-----------------|---------------|
| Applesauce | M | 1/2 cup | 14g |
| Bagel | H | 1 whole | 30g |
| Bread | H | 1 slice | 11g |
| Bread, whole grain | H | 1 slice | 14g |
| Bread, reduced cal. | H | 1 slice | 6g |
| Carrots, cooked | H | 1/2 cup | 8g |
| Cereal (corn flakes) | V | 1 1/4 cups | 24g |
| (raisin bran) V | H | 1 1/4 cups | 52g |
| Corn, on cob | H | 1 ear | 19g |
| Corn, cooked | H | 1 cup | 41g |
| English muffin | H | 1 each | 30g |
| Granola | H | 1 cup | 67g |
| Hamburger bun | H | 1 each | 26g |
| Kidney beans | H | 1 cup | 40g |
| Muffin (bran) | H | 1 each | 30g |
| Oatmeal, cooked | M | 1 cup | 25g |
| Pasta, cooked | M | 1 cup | 40g |
| Peas | M | 1 cup | 25g |
| Pita bread | M | 1 each | 23g |
| Pinto beans | M | 1/2 cup | 22g |
| Popcorn | VH | 1 cup popped | 6g |
| Potato | H | 1 baked | 51g |
| Pretzels | H | 10 thin sticks | 4g |
| Refried beans | M | 1/2 cup | 24g |
| Rice | H | 1 cup | 40g |
| Rice cakes | VH | 1 each | 8g |
| Roll, dinner | H | 1 each | 20g |
| Rye bread | M | 1 slice | 12g |
| Rye crackers | M | 2 | 8g |
| Sweet potato/yam | M | 1 medium | 32g |
| Tortilla, corn | H | 1 (6" diameter) | 13g |

Fat Sources

| Item | Serving Size | Fat |
|--------------------------|--------------|-----|
| Avocado | 1/4 medium | 8g |
| Butter | 1 tablespoon | 12g |
| Cream cheese | 1 ounce | 10g |
| Margarine* | 1 tablespoon | 11g |
| Margarine* (reduced) | 1 tablespoon | 6g |
| Mayonnaise | 1 tablespoon | 11g |
| Mayonnaise (reduced) | 1 tablespoon | 5g |
| Nuts/seeds (raw) | 1 tablespoon | 7g |
| Oil, corn or vegetable | 1 tablespoon | 14g |
| Olive oil | 1 tablespoon | 14g |
| Salad dressing | 1 tablespoon | 6g |
| Salad dressing (reduced) | 1 tablespoon | 3g |
| Sour cream | 1 tablespoon | 3g |
| Sour cream (reduced) | 1 tablespoon | 1g |

* Most margarines contain partially hydrogenated vegetable oils that contain very unhealthy trans fatty acids and should be avoided.

Protein Sources (low fat)

| Item | Serving Size | Fat |
|-------------------------------|--------------|-----|
| Chicken (skinless) | 4 ounces | 35g |
| Cottage cheese (1% or 2% fat) | 1 cup | 28g |
| Egg (whole) | 1 large | 6g |
| Egg (white) | 1 large | 3g |
| Fish (cod, salmon) | 6 ounce | 40g |
| Lamb, lean | 4 ounces | 30g |
| Milk, low or non-fat | 1 cup | 8g |
| Pork, lean | 4 ounces | 35g |
| Protein powder (1 scoop) | 34 grams | 25g |
| Red meats, lean | 4 ounces | 35g |
| Tofu, low-fat | 6 ounces | 30g |
| Tuna, water-packed | 6 ounces | 40g |
| Turkey (skinless) | 4 ounces | 35g |

This is a general list of commonly used foods. Brands differ, so be sure to always read the labels.

Daily Meal Requirements

| Category | Your Weekly Exercise | Bar carbs/protein/fat | Breakfast carbs/protein/fat | Lunch carbs/protein/fat | Bar carbs/protein/fat | Dinner carbs/protein/fat | Calories (approx) |
|--|----------------------|--------------------------|--------------------------------|----------------------------|--------------------------|-----------------------------|----------------------|
| Women Looking for Body Fat Loss | 5 hours or less | 28g/18g/6g | 21g/16g/7g | 35g/26g/11g | 28g/18g/6g | 50g/38g/17g | 1,500 |
| | 6 to 7 hours | 28g/18g/6g | 30g/22g/10g | 40g/30g/13g | 28g/18g/6g | 56g/42g/19g | 1,700 |
| | 8 hours or more | 28g/18g/6g | 35g/26g/11g | 45g/34g/15g | 28g/18g/6g | 56g/42g/19g | 1,900 |
| | 3 hours or less | 28g/18g/6g | 30g/22g/10g | 40g/30g/13g | 28g/18g/6g | 56g/42g/19g | 1,700 |
| Women NOT Looking for Body Fat Loss | 6 to 7 hours | 28g/18g/6g | 35g/26g/11g | 45g/34g/15g | 28g/18g/6g | 56g/42g/19g | 1,900 |
| | 8 hours or more | 28g/18g/6g | 53g/40g/18g | 56g/42g/19g | 28g/18g/6g | 65g/49g/21g | 2,400 |
| | 3 hours or less | 28g/18g/6g | 30g/22g/10g | 40g/30g/13g | 28g/18g/6g | 56g/42g/19g | 1,700 |
| | 6 to 7 hours | 28g/18g/6g | 35g/26g/11g | 45g/34g/15g | 28g/18g/6g | 56g/42g/19g | 1,900 |
| Men Looking For Body Fat Loss (183 cm) | 6 hours or less | 28g/18g/6g | 35g/26g/11g | 45g/34g/15g | 28g/18g/6g | 56g/42g/19g | 1,900 |
| | 7 to 9 hours | 28g/18g/6g | 40g/30g/13g | 56g/42g/19g | 28g/18g/6g | 60g/45g/20g | 2,100 |
| | 10 hours or more | 28g/18g/6g | 53g/40g/18g | 56g/42g/19g | 28g/18g/6g | 65g/49g/21g | 2,400 |
| | 6 hours or less | 28g/18g/6g | 40g/30g/13g | 56g/42g/19g | 28g/18g/6g | 60g/45g/20g | 2,100 |
| Men Looking For Body Fat Loss 6'0" (183 cm) or Taller) | 6 hours or more | 28g/18g/6g | 53g/40g/18g | 56g/42g/19g | 28g/18g/6g | 65g/49g/21g | 2,400 |
| | 5 hours or less | 28g/18g/6g | 40g/30g/13g | 56g/42g/19g | 28g/18g/6g | 60g/45g/20g | 2,100 |
| | 6 hours or more | 28g/18g/6g | 53g/40g/18g | 56g/42g/19g | 28g/18g/6g | 65g/49g/21g | 2,400 |
| | 6 hours or less | 28g/18g/6g | 53g/40g/18g | 56g/42g/19g | 28g/18g/6g | 65g/49g/21g | 2,400 |
| Men NOT Looking For Body Fat Loss | 6 hours or less | 28g/18g/6g | 53g/40g/18g | 56g/42g/19g | 28g/18g/6g | 65g/49g/21g | 2,400 |
| | 7 hours or more | 28g/18g/6g | 70g/53g/23g | 70g/53g/23g | 28g/18g/6g | 74g/56g/25g | 2,800 |

Sample Meal Planner

1,500 Calories

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|---|---|---|---|--|
| Morning | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Breakfast | Cereal and Almond Toast ¾ cup puffed rice cereal ½ cup nonfat milk ½ slice whole-wheat toast 1 tsp. almond butter ½ cup orange juice | Fruit Shake 3 oz. fruit yogurt ¾ cup nonfat milk 1 peach ½ banana 2 cups tea* | Yogurt and More 6 oz. light fruit yogurt 1 slice low-calorie wheat bread ¾ oz. cream cheese 8 oz. hot tea* | Oatmeal and Cottage Cheese ½ cup oatmeal 1 tsp. margarine* ⅓ cup fat-free cottage cheese ½ cup orange juice | Breakfast Burrito 1 fat free flour tortilla (7") 1 oz. cheddar cheese 2 oz. egg substitute 1 oz. 11% fat ham 8 oz. hot tea* | Melon and Cottage Cheese ½ cup 2% cottage cheese ½ cup cantaloupe ½ cup honeydew melon ¾ cup pineapple 8 oz. hot tea* | Cheese Omlette 4 oz. egg substitute 2 slices fat-free american cheese 1 slice whole-wheat toast 1 tsp. margarine* 8 oz. hot tea* |
| Lunch | Grilled Chicken Salad 3 oz. boneless/skinless chicken breast 3 cups shredded romaine lettuce 3 tbs. low-calorie italian salad dressing 1 whole-wheat roll 1 tsp. margarine* 12 oz. diet beverage* | Turkey Sandwich 2 slices low-calorie wheat bread 6 oz. turkey breast 1 leaf lettuce 1 tsp. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* | Tuna Salad Sandwich 2 slices low-calorie wheat bread ¾ cup tuna salad with celery, pickle, and low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* | Chicken and Rice 3 oz. boneless/skinless chicken breast ¾ cup long grain brown rice 1 tsp. margarine* 12 oz. diet beverage* | Chef Salad 3 cups shredded romaine lettuce 1 oz. 11% fat ham 3 oz. tuna 1 oz. cheddar cheese 3 tbs. low-calorie italian salad dressing 12 oz. diet beverage* | Teriyaki Bowl 4 oz. boneless/skinless chicken breast ½ cup long grain white rice ¾ cup steamed broccoli 1 tbs. teriyaki sauce 12 oz. diet beverage* | Veggie Burger 1 veggie burger patty (3½ oz.) 1 whole low-calorie hamburger bun 1 slice fat-free american cheese 1 leaf lettuce ½ tomato 1 tbs. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* |
| Afternoon | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Dinner | Grilled Salmon 4 oz. broiled salmon ½ medium baked potato 2 tsp. margarine* 1 cup mixed vegetables 2 cups tea* | Spaghetti and Meatballs ¾ cup spaghetti noodles 3 oz. lean ground beef meatballs ½ cup marinara sauce ¾ cup steamed broccoli 16 oz. iced tea* | Chicken Burrito 2 fat-free flour tortillas (7") 3 oz. boneless/skinless chicken breast ½ cup refried beans ½ oz. regular cheddar cheese ¼ oz. low-fat monterey jack cheese ½ cup salsa 16 oz. iced tea* | Steak and Potato 3½ oz. lean bottom steak ¾ medium potato, baked 3 tsp. margarine* 2 cups shredded romaine lettuce 2 tbs. fat-free italian salad dressing 16 oz. iced tea* | Halibut and Rice 4 oz. broiled halibut ¾ cup long grain brown rice 2 tsp. margarine* 1 cup mixed vegetables 16 oz. iced tea* | Pizza 4" boboli crust ½ cup tomato sauce 1 oz. skim milk mozzarella cheese 1 oz. cheddar cheese 1 oz. ground italian sausage 1 cup shredded romaine lettuce 1 tbs. fat-free italian dressing 8 oz. iced tea* | Fajitas 2 fat-free flour tortillas (7") 3 oz. boneless/skinless chicken breast 1 medium bell pepper ¼ oz. cheddar cheese ¼ oz. monterey jack cheese ½ avocado ½ cup salsa 16 oz. iced tea* |

*optional

*optional

Sample Meal Planner

1,700 Calories

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|---|--|---|---|--|
| Morning | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Breakfast | Cereal and Almond Toast ¾ cup puffed rice cereal ¾ cup nonfat milk 1 slice whole-wheat toast 2 tsp. almond butter ½ cup orange juice | Fruit Shake 3 oz. fruit yogurt 1 cup nonfat milk 1 peach 1 banana 8 oz. hot tea* | Yogurt and More 6 oz. light fruit yogurt 3 slices low-calorie wheat bread ¾ oz. cream cheese 8 oz. hot tea* | Oatmeal and Cottage Cheese 1 cup oatmeal 1 tsp. margarine* ½ cup fat-free cottage cheese ½ cup orange juice | Breakfast Burrito 1 fat free flour tortilla (7") 1 oz. cheddar cheese 2 oz. egg substitute 1 oz. 11% fat ham 4 oz. V-8 juice 8 oz. hot tea* | Melon and Cottage Cheese ¾ cup 2% cottage cheese ½ cup cantaloupe ¾ cup honeydew melon 1 cup pineapple 8 oz. hot tea* | Cheese Omlette 4 oz. egg substitute 2 slices fat-free american cheese 2 slices whole-wheat toast 2 tsp. margarine* 8 oz. hot tea* |
| Lunch | Grilled Chicken Salad 4 oz. boneless/skinless chicken breast 3 cups shredded romaine lettuce 4 tbs. low-calorie italian salad dressing 1 whole-wheat roll 1 tsp. margarine* 12 oz. diet beverage* | Turkey Sandwich 2 slices low-calorie wheat bread 7 oz. turkey breast 1 leaf lettuce 2 tsp. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* | Tuna Salad Sandwich 2 slices low-calorie wheat bread ¾ cup tuna salad with celery, pickle, and low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* | Chicken and Rice 4 oz. boneless/skinless chicken breast ¾ cup long grain brown rice 2 tsp. margarine* 12 oz. diet beverage* | Chef Salad 3 cups shredded romaine lettuce 1 oz. 11% fat ham 2 oz. tuna 1 oz. cheddar cheese 4 tbs. low-calorie italian salad dressing ½ whole-wheat roll 12 oz. diet beverage* | Teriyaki Bowl 4 oz. boneless/skinless chicken breast ½ cup long grain white rice ¾ cup steamed broccoli 1 tbs. teriyaki sauce 1½ tsp. olive oil 12 oz. diet beverage* | Veggie Burger 1 veggie burger patty (3½ oz.) 1 whole low-calorie hamburger bun 2 slices fat-free american cheese 1 leaf lettuce ½ tomato 2 tbs. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* |
| Afternoon | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Dinner | Grilled Salmon 5 oz. broiled salmon ½ medium baked potato 2 tsp. margarine* 1 cup mixed vegetables 2 cups tea* | Spaghetti and Meatballs ¾ cup spaghetti noodles 3½ oz. lean ground beef meatballs ½ cup marinara sauce ¾ cup steamed broccoli 16 oz. iced tea* | Chicken Burrito 2 fat-free flour tortillas (7") 3 oz. boneless/skinless chicken breast ½ cup refried beans 1 oz. regular cheddar cheese ½ oz. low-fat monterey jack cheese ½ cup salsa 16 oz. iced tea* | Steak and Potato 4 oz. lean bottom steak ¾ medium potato, baked 3 tsp. margarine* 3 cups shredded romaine lettuce 3 tbs. fat-free italian salad dressing 16 oz. iced tea* | Halibut and Rice 4 oz. broiled halibut 1 cup long grain brown rice 2 tsp. margarine* 1 cup mixed vegetables 16 oz. iced tea* | Pizza 4" boboli crust ½ cup tomato sauce 1 oz. skim milk mozzarella cheese 1 oz. cheddar cheese 1½ oz. ground italian sausage 2 cups shredded romaine lettuce 2 tbs. fat-free italian dressing 8 oz. iced tea* | Fajitas 2 fat-free flour tortillas (7") 4 oz. boneless/skinless chicken breast 1 medium bell pepper ¼ oz. cheddar cheese ¼ oz. monterey jack cheese ½ avocado ½ cup salsa 16 oz. iced tea* |

*optional

*optional

Sample Meal Planner

1,900 Calories

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|--|--|---|---|--|
| Morning | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Breakfast | Cereal and Almond Toast ¾ cup puffed rice cereal ¾ cup nonfat milk 2 slices whole-wheat toast 3 tsp. almond butter ½ cup orange juice | Fruit Shake 6 oz. fruit yogurt 1 cup nonfat milk 1 peach 1 banana ½ cup pineapple with light syrup 8 oz. hot tea* | Yogurt and More 6 oz. light fruit yogurt 4 slices low-calorie wheat bread 1½ oz. cream cheese 8 oz. hot tea* | Oatmeal and Cottage Cheese 1 cup oatmeal 2 tsp. margarine* ¾ cup fat-free cottage cheese ¾ cup orange juice | Breakfast Burrito 2 fat free flour tortillas (7") 1 oz. cheddar cheese 3 oz. egg substitute 2 oz. 11% fat ham 4 oz. V-8 juice 8 oz. hot tea* | Melon and Cottage Cheese 1 cup 2% cottage cheese 1 cup cantaloupe 1 cup honeydew melon 1 cup pineapple 8 oz. hot tea* | Cheese Omlette 4 oz. egg substitute 2 slices fat-free american cheese 3 slices whole-wheat toast 3 tsp. margarine* 8 oz. hot tea* |
| Lunch | Grilled Chicken Salad 5 oz. boneless/skinless chicken breast 3 cups shredded romaine lettuce 5 tbs. low-calorie italian salad dressing 1 whole-wheat roll 2 tsp. margarine* 12 oz. diet beverage* | Turkey Sandwich 2 slices low-calorie wheat bread 7 oz. turkey breast 1 leaf lettuce 1 oz. monterey jack cheese 2 tsp. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* | Tuna Salad 2 slices low-calorie wheat bread ¾ cup tuna salad with celery, pickle, and low-calorie mayonnaise* 2 cups shredded romaine lettuce 2 oz. fat-free cheddar cheese 1 tbs. ranch dressing 1 tsp. mustard 12 oz. diet beverage* | Chicken and Rice 3½ oz. boneless/skinless chicken breast 1 cup long grain brown rice 3 tsp. margarine* 12 oz. diet beverage* | Chef Salad 3 cups shredded romaine lettuce 2 oz. 11% fat ham 3 oz. tuna 1 oz. cheddar cheese 5 tbs. low-calorie italian salad dressing ½ whole-wheat roll 12 oz. diet beverage* | Teriyaki Bowl 5 oz. boneless/skinless chicken breast ¾ cup long grain white rice ¾ cup steamed broccoli 1 tbs. teriyaki sauce 1½ tsp. olive oil 12 oz. diet beverage* | Veggie Burger 2 veggie burger patties (3½ oz.) 1 whole low-calorie hamburger bun 2 slices fat-free american cheese 1 leaf lettuce ½ tomato 2 tbs. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* |
| Afternoon | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Dinner | Grilled Salmon 5 oz. broiled salmon ½ medium baked potato 2 tsp. margarine* 1 cup mixed vegetables 2 cups tea* | Spaghetti and Meatballs ¾ cup spaghetti noodles 3½ oz. lean ground beef meatballs ½ cup marinara sauce ¾ cup steamed broccoli 16 oz. iced tea* | Chicken Burrito 2 fat-free flour tortillas (7") 3 oz. boneless/skinless chicken breast ½ cup refried beans 1 oz. regular cheddar cheese ½ oz. low-fat monterey jack cheese ½ cup salsa 16 oz. iced tea* | Steak and Potato 4 oz. lean bottom steak ¾ medium potato, baked 3 tsp. margarine* 3 cups shredded romaine lettuce 3 tbs. fat-free italian salad dressing 16 oz. iced tea* | Halibut and Rice 4 oz. broiled halibut 1 cup long grain brown rice 2 tsp. margarine* 1 cup mixed vegetables 16 oz. iced tea* | Pizza 4" boboli crust ½ cup tomato sauce 1 oz. skim milk mozzarella cheese 1 oz. cheddar cheese 1½ oz. ground italian sausage 2 cups shredded romaine lettuce 2 tbs. fat-free italian dressing 8 oz. iced tea* | Fajitas 2 fat-free flour tortillas (7") 4 oz. boneless/skinless chicken breast 1 medium bell pepper ¼ oz. cheddar cheese ¼ oz. monterey jack cheese ½ avocado ½ cup salsa 16 oz. iced tea* |

*optional

*optional

Sample Meal Planner

2,100 Calories

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|--|--|--|---|---|
| Morning | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Breakfast | Cereal and Almond Toast ¾ cup puffed rice cereal ¾ cup nonfat milk 2 slices whole-wheat toast 3 tsp. almond butter 1 cup orange juice | Fruit Shake 12 oz. fruit yogurt ¾ cup nonfat milk ½ peach 1 banana ½ cup pineapple with light syrup 8 oz. hot tea* | Yogurt and More 6 oz. light fruit yogurt 4 slices low-calorie wheat bread 1¾ oz. cream cheese 8 oz. hot tea* | Oatmeal and Cottage Cheese 1 cup oatmeal 2 tsp. margarine* 1 cup fat-free cottage cheese ¾ cup orange juice | Breakfast Burrito 2 fat free flour tortillas (7") 1 oz. cheddar cheese 3½ oz. egg substitute 2 oz. 11% fat ham 4 oz. V-8 juice 8 oz. hot tea* | Melon and Cottage Cheese 1 cup 2% cottage cheese 1½ cups cantaloupe 1½ cups honeydew melon 1 cup pineapple 8 oz. hot tea* | Cheese Omlette 5 oz. egg substitute 3 slices fat-free american cheese 3 slices whole-wheat toast 3 tsp. margarine* 8 oz. hot tea* |
| Lunch | Grilled Chicken Salad 6 oz. boneless/skinless chicken breast 3 cups shredded romaine lettuce 5 tbs. low-calorie italian salad dressing 1 whole-wheat roll 2 tsp. margarine* 12 oz. diet beverage* | Turkey Sandwich 2 slices low-calorie wheat bread 6 oz. turkey breast 2 leaves lettuce 2 oz. monterey jack cheese 2 tsp. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* | Tuna Salad 2 slices low-calorie wheat bread ¾ cup tuna salad with celery, pickle, and low-calorie mayonnaise* 3 cups shredded romaine lettuce 3 oz. fat-free cheddar cheese ½ cup diced tomato 1 tbs. ranch dressing 1 tsp. mustard 12 oz. diet beverage* | Chicken and Rice 3½ oz. boneless/skinless chicken breast 1 cup long grain brown rice 3 tsp. margarine* 12 oz. diet beverage* | Chef Salad 2½ cups shredded romaine lettuce 2 oz. 11% fat ham 3 oz. tuna 1 oz. cheddar cheese 3 tbs. low-calorie italian salad dressing 1 whole-wheat roll 12 oz. diet beverage* | Teriyaki Bowl 5 oz. boneless/skinless chicken breast ¾ cup long grain white rice 1½ cups steamed broccoli 1 tbs. teriyaki sauce 2 tsp. olive oil 12 oz. diet beverage* | Veggie Burger 2 veggie burger patties (3½ oz.) 2 whole low-calorie hamburger buns 2 slices fat-free american cheese 1 leaf lettuce ½ tomato 2 tbs. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* |
| Afternoon | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Dinner | Grilled Salmon 5 oz. broiled salmon 1 medium baked potato 2 tsp. margarine* 1 cup mixed vegetables 2 cups tea* | Spaghetti and Meatballs 1 cup spaghetti noodles 4 oz. lean ground beef meatballs ½ cup marinara sauce 1 cup steamed broccoli 16 oz. iced tea* | Chicken Burrito 2 fat-free flour tortillas (7") 4 oz. boneless/skinless chicken breast ½ cup refried beans 1 oz. regular cheddar cheese 1 oz. low-fat monterey jack cheese ½ cup salsa 16 oz. iced tea* | Steak and Potato 5 oz. lean bottom steak 1 medium potato, baked 3 tsp. margarine* 2 cups shredded romaine lettuce 3 tbs. fat-free italian salad dressing 16 oz. iced tea* | Halibut and Rice 4 oz. broiled halibut 1½ cup long grain brown rice 2 tsp. margarine* 1 cup mixed vegetables 16 oz. iced tea* | Pizza 4" boboli crust ½ cup tomato sauce 1½ oz. skim milk mozzarella cheese 1 oz. cheddar cheese 2 oz. ground italian sausage 3 cups shredded romaine lettuce 3 tbs. fat-free italian dressing 8 oz. iced tea* | Fajitas 2 fat-free flour tortillas (7") 6 oz. boneless/skinless chicken breast 1 medium bell pepper ¼ oz. cheddar cheese ¼ oz. monterey jack cheese ½ avocado ½ cup salsa 16 oz. iced tea* |

*optional

*optional

Sample Meal Planner

2,400 Calories

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|--|--|--|--|--|---|---|
| Morning Breakfast | 1 PureFit Nutrition Bar Cereal and Almond Toast 1 cup puffed rice cereal 1 cup nonfat milk 2 slices whole-wheat toast 4 tsp. almond butter 1 cup orange juice | 1 PureFit Nutrition Bar Fruit Shake 12 oz. fruit yogurt 1½ cups nonfat milk ½ peach 1 banana ½ cup pineapple with light syrup 8 oz. hot tea* | 1 PureFit Nutrition Bar Yogurt and More 12 oz. light fruit yogurt 4 slices low-calorie wheat bread 1¾ oz. cream cheese 8 oz. hot tea* | 1 PureFit Nutrition Bar Oatmeal and Cottage Cheese 1 cup oatmeal 2 tsp. margarine* 1 cup fat-free cottage cheese 1 cup orange juice | 1 PureFit Nutrition Bar Breakfast Burrito 2 fat free flour tortillas (7") 2 oz. cheddar cheese 3½ oz. egg substitute 2 oz. 11% fat ham 4 oz. V-8 juice 8 oz. hot tea* | 1 PureFit Nutrition Bar Melon and Cottage Cheese 1½ cups 2% cottage cheese 1½ cups cantaloupe 2 cups honeydew melon 1 cup pineapple 8 oz. hot tea* | 1 PureFit Nutrition Bar Cheese Omlette 5 oz. egg substitute 3 slices fat-free american cheese 4 slices whole-wheat toast 3 tsp. margarine* 8 oz. hot tea* |
| Lunch | Grilled Chicken Salad 6 oz. boneless/skinless chicken breast 3 cups shredded romaine lettuce 5 tbs. low-calorie italian salad dressing 1 whole-wheat roll 2 tsp. margarine* 12 oz. diet beverage* | Turkey Sandwich 2 slices low-calorie wheat bread 6 oz. turkey breast 2 leaves lettuce 2 oz. monterey jack cheese 2 tsp. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* | Tuna Salad 2 slices low-calorie wheat bread ¾ cup tuna salad with celery, pickle, and low-calorie mayonnaise* 3 cups shredded romaine lettuce 3 oz. fat-free cheddar cheese ½ cup diced tomato 1 tbs. ranch dressing 1 tsp. mustard 12 oz. diet beverage* | Chicken and Rice 3½ oz. boneless/skinless chicken breast 1 cup long grain brown rice 3 tsp. margarine* 12 oz. diet beverage* | Chef Salad 2½ cups shredded romaine lettuce 2 oz. 11% fat ham 3 oz. tuna 1 oz. cheddar cheese 3 tbs. low-calorie italian salad dressing 1 whole-wheat roll 12 oz. diet beverage* | Teriyaki Bowl 5 oz. boneless/skinless chicken breast ¾ cup long grain white rice 1½ cups steamed broccoli 1 tbs. teriyaki sauce 2 tsp. olive oil 12 oz. diet beverage* | Veggie Burger 2 veggie burger patties (3½ oz.) 2 whole low-calorie hamburger buns 2 slices fat-free american cheese 1 leaf lettuce ½ tomato 2 tbs. low-calorie mayonnaise* 1 tsp. mustard 12 oz. diet beverage* |
| Afternoon | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Dinner | Grilled Salmon 5 oz. broiled salmon 1 medium baked potato 2 tsp. margarine* 1 cup mixed vegetables 2 cups tea* | Spaghetti and Meatballs 1 cup spaghetti noodles 4 oz. lean ground beef meatballs ½ cup marinara sauce 1 cup steamed broccoli 16 oz. iced tea* | Chicken Burrito 2 fat-free flour tortillas (7") 4 oz. boneless/skinless chicken breast ½ cup refried beans 1 oz. regular cheddar cheese 1 oz. low-fat monterey jack cheese ½ cup salsa 16 oz. iced tea* | Steak and Potato 5 oz. lean bottom steak 1 medium potato, baked 3 tsp. margarine* 2 cups shredded romaine lettuce 3 tbs. fat-free italian salad dressing 16 oz. iced tea* | Halibut and Rice 4 oz. broiled halibut 1½ cup long grain brown rice 2 tsp. margarine* 1 cup mixed vegetables 16 oz. iced tea* | Pizza 4" boboli crust ½ cup tomato sauce 1½ oz. skim milk mozzarella cheese 1 oz. cheddar cheese 2 oz. ground italian sausage 3 cups shredded romaine lettuce 3 tbs. fat-free italian dressing 8 oz. iced tea* | Fajitas 2 fat-free flour tortillas (7") 6 oz. boneless/skinless chicken breast 1 medium bell pepper ¼ oz. cheddar cheese ¼ oz. monterey jack cheese ½ avocado ½ cup salsa 16 oz. iced tea* |

*optional

*optional

Sample Meal Planner

2,800 Calories

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|--|--|---|--|---|
| Morning | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Breakfast | Cereal and Almond Toast 1 cup puffed rice cereal 1 cup nonfat milk 4 slices whole-wheat toast 5 tsp. almond butter 1 cup orange juice | Fruit Shake 18 oz. fruit yogurt 2 cups nonfat milk 1 peach 1 banana ½ cup pineapple with light syrup 8 oz. hot tea* | Yogurt and More 16 oz. light fruit yogurt 4 slices low-calorie wheat bread 1½ oz. cream cheese 8 oz. hot tea* | Oatmeal and Cottage Cheese 1½ cup oatmeal 2 tsp. margarine* 1½ cup fat-free cottage cheese 1 cup orange juice | Breakfast Burrito 3 fat free flour tortillas (7") 2 oz. cheddar cheese 5 oz. egg substitute 4 oz. 11% fat ham 8 oz. V-8 juice 8 oz. hot tea* | Melon and Cottage Cheese 2 cups 2% cottage cheese 1¾ cups cantaloupe 2 cups honeydew melon 1 cup pineapple 8 oz. hot tea* | Cheese Omlette 8 oz. egg substitute 3 slices fat-free american cheese 4 slices whole-wheat toast 4 tsp. margarine* 8 oz. hot tea* |
| Lunch | Grilled Chicken Salad 8 oz. boneless/skinless chicken breast 4 cups shredded romaine lettuce 5 tbs. low-calorie italian salad dressing 1 whole-wheat roll 2 tsp. margarine* 12 oz. diet beverage* | Turkey Sandwich 4 slices low-calorie wheat bread 7 oz. turkey breast 2 leaves lettuce 2 oz. monterey jack cheese 2 tsp. low-calorie mayonnaise* 2 tsp. mustard 12 oz. diet beverage* | Tuna Salad 2 slices low-calorie wheat bread ¾ cup tuna salad with celery, pickle, and low-calorie mayonnaise* 3 cups shredded romaine lettuce 4 oz. fat-free cheddar cheese 1 cup diced tomato 3 tbs. ranch dressing 1 tsp. mustard 12 oz. diet beverage* | Chicken and Rice 4 oz. boneless/skinless chicken breast 1 cup long grain brown rice 4 tsp. margarine* 12 oz. diet beverage* | Chef Salad 4 cups shredded romaine lettuce 4 oz. 11% fat ham 4 oz. tuna 1 oz. cheddar cheese 3 tbs. low-calorie italian salad dressing 1 whole-wheat roll 12 oz. diet beverage* | Teriyaki Bowl 7 oz. boneless/skinless chicken breast ¾ cup long grain white rice 2 cups steamed broccoli 1 tbs. teriyaki sauce 3 tsp. olive oil 12 oz. diet beverage* | Veggie Burger 2 veggie burger patties (3½ oz.) 2 whole low-calorie hamburger buns 4 slices fat-free american cheese 4 leaves lettuce ½ tomato 2 tbs. low-calorie mayonnaise* 2 tsp. mustard 12 oz. diet beverage* |
| Afternoon | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar | 1 PureFit Nutrition Bar |
| Dinner | Grilled Salmon 5 oz. broiled salmon 1 medium baked potato 3 tsp. margarine* 1½ cup mixed vegetables 2 cups tea* | Spaghetti and Meatballs 1 cup spaghetti noodles 5 oz. lean ground beef meatballs ½ cup marinara sauce 1½ cup steamed broccoli 16 oz. iced tea* | Chicken Burrito 2 fat-free flour tortillas (7") 5 oz. boneless/skinless chicken breast ½ cup refried beans 1 oz. regular cheddar cheese 1½ oz. low-fat monterey jack cheese ½ cup salsa 16 oz. iced tea* | Steak and Potato Steak and Potato 6 oz. lean bottom steak 1 medium potato, baked 3 tsp. margarine* 3 cups shredded romaine lettuce 4 tbs. fat-free italian salad dressing 16 oz. iced tea* | Halibut and Rice 4 oz. broiled halibut 1¾ cup long grain brown rice 2 tsp. margarine* 1¼ cup mixed vegetables 16 oz. iced tea* | Pizza 6" boboli crust ½ cup tomato sauce 1 oz. skim milk mozzarella cheese 1 oz. cheddar cheese 2 oz. ground italian sausage 2 cups shredded romaine lettuce 3 tbs. fat-free italian dressing 8 oz. iced tea* | Fajitas 3 fat-free flour tortillas (7") 6 oz. boneless/skinless chicken breast 1 medium bell pepper 1½ oz. cheddar cheese 1 oz. monterey jack cheese ½ cup salsa 16 oz. iced tea* |

*optional

*optional