

How Did PTF Begin?

After the birth of their second child in 2005, Mike Starks, CEO of Personal Trainer Food noticed his wife's frustration trying to lose weight.

He proposed this simple plan to her: "I will prepare and package healthy foods for you so they are ready to eat. Let's just walk 20 minutes a day every day. I will walk with you."

It worked. Lara lost 55 pounds and has kept them off since.

The PTF Way is Mike's passion. It's his goal to teach you to lose weight by getting back to the basics of eating well.

*Mike Starks
CEO and President
Personal Trainer Food*



Personal Trainer Food™
Great Taste, Small Waist™