



# Personal Trainer Food™

Great Taste, Small Waist™

Welcome to Delicious Success

# Welcome to Personal Trainer Food™

We only use real, whole foods in our meal plans without the processed carbs and fillers like rice, noodles, and pasta. The reason? Real foods taste great, and will help you lose weight naturally—by getting back to the basics of eating well.

## The PTF Way: 3 Keys to Delicious Success

In the next weeks, you will gain clarity about eating right and losing weight. You'll learn that the best path is the simplest path, and you will feel more in control.

### #1 Eat the Right Foods to Promote Weight Loss

Your meal plan contains the right foods like meats, eggs, and vegetables and maybe even some nuts and cheeses, too. These are what your body needs; they're satisfying, filling, and nourishing while low in processed sugars and starches. As you eat them, you will lose weight, without counting calories or feeling hungry.

### #2 Take a 20 Minute Walk Every Day

Eating the right foods is 80% of weight loss. A 20-minute walk (about 2,000 steps) seven days a week is enough to help your body burn fat. Make walking a part of your daily routine, even if you are already exercising. A brisk walk every day is good for you, and it feels good, too.

To create a no-fail daily walking routine, set up a treadmill in front of your TV. That way you can walk, rain or shine while catching up on your favorite shows.

### #3 Accelerate Your Results with Fasting

For maximum results, we recommend fasting before or during your program. Fasting has been shown to jump-start weight loss, reduce sugar withdrawals, eliminate cravings, bust through weight loss plateaus, and break addiction to the wrong foods. You'll find instructions for fasting on page 5.

### Weight Loss Guidelines

Follow our easy Weight Loss Guidelines included in your box if you want to add to your meal plan or eat out. You'll be able to use these long after you have achieved your weight loss goal to maintain a healthy, vibrant life.

Focus on eating the right foods and doing those things that Promote Weight Loss, eliminate things under Stalls Weight Loss.



### Tip: Log Into Your Account

Log into your account at [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com) for helpful videos, recipes, and resources you can use during your journey.



# Upon Arrival

## Unpack Your Order

We use dry ice to keep your food cold. Dry ice is meant to evaporate during shipping, so it's ok if you don't see any left! If there is any remaining dry ice, use gloves to protect your hands while unpacking your food.

We want you to be happy with your program. If you have any questions or comments about the contents of your order, please contact customer support immediately at [CustomerSupport@PersonalTrainerFood.com](mailto:CustomerSupport@PersonalTrainerFood.com) or 1.800.273.1686 x2.

## Store Your Food

If you haven't already, clear your pantry, fridge and freezer of all the foods listed on the Stalls Weight Loss list of your Weight Loss Guidelines. If your freezer space is limited, you can store breakfast and meat items in the refrigerator for up to 14 days.

Item	Recommended Storage Method
Vegetables	Freezer only
Breakfast or Meat	Freezer (may be refrigerated up to 14 days)
Cheese Sticks	Refrigerator
Sausage & Cheese Sticks	Refrigerator
Sausage Sticks	Refrigerator or shelf
Butter Sauce	Shelf
Nuts	Shelf

Victoria  
Lost 6 inches  
in 12 weeks

“ Thanks to  
Personal Trainer Food  
**I feel  
wonderful  
in my  
new body!** ”



**BEFORE**



**AFTER**

# Your Meal Plan: Eating the Personal Trainer Food Way

With Personal Trainer Food you will be eating a delicious selection of real foods. Your menu items are individually packaged so you can mix and match them for endless variety! Find your meal plan below to see how your meals are structured.

MEAL PLAN	BREAKFAST	LUNCH	DINNER	SNACKS
<b>REV!™</b>	 1 Breakfast	 1 Meat and 1 Vegetable	 2 Vegetables	<i>Not Included (See Snacks below)</i>
<b>RECON™</b>	 1 Breakfast	 1 Meat and 1 Vegetable	 2 Meats and 1 Vegetable	<i>Not Included (See Snacks below)</i>
<b>3 Meals per Day</b>	 1 Breakfast	 1 Meat and 1 Vegetable	 1 Meat and 1 Vegetable	<i>Not Included (See Snacks below)</i>
<b>2 Meals per Day</b>	<i>Not Included (See Breakfast below)</i>	 1 Meat and 1 Vegetable	 1 Meat and 1 Vegetable	<i>Not Included (See Snacks below)</i>
<b>You Choose</b>	À la Carte: Choose your own combination of items from our entire menu			
				

## Breakfast



If you did not order a plan with breakfast, you can have eggs prepared any way and/or any breakfast meat you like such as bacon, sausage, and ham. Meats and eggs are unlimited, so eat enough to feel satisfied.

## Snacks

Most people eat two snacks a day. You can snack on foods by following our Guidelines: Meats, cheeses, nuts, vegetables and an apple a day are good things to snack on.

If you ordered snacks with your program, here is what a serving looks like:

Item	Serving
1 Bag of Nuts (3oz)	2 Snacks
1 Cheese Stick	Single Snack
1 Package of 2 Sausage Sticks	Single Snack
1 Package of Sausage & Cheese Sticks	Single Snack

Nutrition information and complete ingredients can be found at [www.PersonalTrainerFood.com/Nutrition](http://www.PersonalTrainerFood.com/Nutrition). Nutrition information is also available via email, fax, or mail by sending a request to [CustomerSupport@PersonalTrainerFood.com](mailto:CustomerSupport@PersonalTrainerFood.com).

# Accelerate Your Results with Fasting

While not a requirement, the clear liquid fasts below will accelerate your results. Give one or all a try during your program.

## 3 Ways to Fast:

### 1. 24 or 48 Hour Fast Before You Begin

*This fast is done for 1-2 days before starting your program. It's an effective way to detox from sugars and jump-start fat loss.*

### 2. Intermittent 24 Hour Fasts

*A 24-hour fast can be done once a week or every few weeks during your program. This type of fast is a powerful plateau-buster.*

### 3. Overnight Fasts

*The goal is to fast for 12 to 14 hours from dinner in the evening to breakfast the next morning. It's the easiest thing you can do to improve your results.*

## What are the Clear Liquid Beverages I Can Have While Fasting?

You can have any hot or cold clear, non-caloric beverage. Caffeine is okay, as are non-caloric sweeteners. Here are some examples:

- Water
- Sparkling water
- Sugar-free flavored waters
- Coffee
- Tea
- Herbal teas
- Diet sodas
- Broth
- Zero-calorie drinks

## Should I do 24 or 48 Hours at the Start of My Program?

If you are unsure about fasting, try the 24 hour fast. If you are serious about burning fat, do 48 hours. You might start with 24 hours and realize you want to extend your fast to 48. Go for it!

## Is It Safe?

For normal, healthy people, fasting is safe and natural; something your body has evolved to do.

## Will I be Hungry?

You might be a little hungry, especially if this is your first fast. If you feel hungry, drink 8-oz or more of your clear liquids; a mug of warm broth can be especially helpful at meal times.

## Will I Have Enough Energy?

Most people can do their work and daily routines without feeling tired. In fact, many are amazed at how alert and energetic they feel.

### Fasting Tips:

1. No matter which fast you choose, stay well hydrated by sipping on water and your beverages throughout the day.
2. Begin your 24 or 48 hour fast with a breakfast of Personal Trainer Food, or of foods listed under Promotes Weight Loss in the Weight Loss Guidelines.
3. Our Weight Loss Coaches can help with any questions. Call them at 1.800.273.1686 x4



# Things to Expect During Your Program

## Sugar Detox

During the first few days of your program, you might notice that you feel a little weak, headachey, or tired. These are signs of sugar withdrawal, and they are telling you just how addictive sugar is.

Sugar withdrawal is also a sign that you are on your way to losing weight. The best thing you can do is to stay hydrated, which will help your body detoxify faster.

## No More Cravings

When you eat according to our Weight Loss Guidelines, your appetite and cravings will diminish. If you feel full, you don't need to clear your plate. Just avoid skipping meals—hunger may catch you off guard, and you might be tempted to cheat.

On the flip side, if you do feel hungry there are foods listed in the Weight Loss Guidelines that you can snack on or add to your meal plan.

## Non-Scale Victories

Below are some examples of real, unmistakable signs that you are losing weight and getting healthier:

Glowing skin tone No sugar cravings  
Down a notch on your belt Better blood sugar levels  
More energy Decreased inflammation Happier outlook on life  
Compliments from friends and family More restful sleep  
Loose rings or watches Stable moods Smaller sized clothes  
Fewer headaches More youthful appearance Better digestion  
Increased strength and endurance Less back and joint pain  
More confidence New love for healthy foods

“ I feel confident  
in knowing  
**I no longer  
have to wear  
big shirts to  
hide my body.** ”



Avelino  
Age 43  
Lost 52 lbs in 8 weeks



\*Results are not guaranteed and may vary based on several factors

# Frequently Asked Questions

## Can I Have Cheats, Sweets or Alcohol?

Cheating, even just one bite or sip of the things listed under Stalls Weight Loss in our Weight Loss Guidelines will set you back at least two to four days. Make the commitment to stay 100% on track. You'll be glad you did.

## Can I Eat Out?

It's easy to have a social life with Personal Trainer Food. You can eat at most any restaurant by selecting foods from the Promotes Weight Loss list in our Weight Loss Guidelines. Don't be shy, go ahead and ask your server to substitute pasta, bread, potatoes, chips, rice with side salads or broccoli.

For great social alternatives to alcoholic beverages, order diet sodas, sparkling waters, unsweetened iced tea, or sugar-free virgin mocktails instead.

## How Did PTF Begin?

After the birth of their second child in 2005, Mike 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*



## Have More Questions?

All of our programs come with access to experienced Weight Loss Coaches. They are available to answer your questions, and to support and cheer you on in your weight loss journey.

**Phone:** 1-800-273-1686 x4

**Email:** [WeightLossCoach@PersonalTrainerFood.com](mailto:WeightLossCoach@PersonalTrainerFood.com)

**Chat:** [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com)

## Your Account

Log into your account at [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com) to enjoy these great features:

### Easily Manage Your Orders

Keep track of your orders, and edit Subscription Box menu selections and delivery dates.

### Get Help, Inspiration, and Support

Access our library of helpful videos, recipes, and resources to get the most out of your program.

### Earn Unlimited Cash Rewards

Get your custom link to earn cash rewards by sharing Personal Trainer Food with friends and family.

### Save On Your Next 28-Day Order

Claim your loyalty reward of \$125 to use on your next 28-day order with our Premier Rewards Program.

# Save \$125

## on your next 28-day order!

Get your loyalty reward code in your account.

YOUR REORDER DATE: \_\_\_\_\_

Hang this on your fridge as a reminder to reorder on day 21 of your program.

*Valid only on 28-day orders only; subscription plans feature built-in savings already!*

## Connect with Personal Trainer Food



Share your experience by leaving a review on



Personal Trainer Food will donate \$1 to charity for every review you leave on Amazon.com



Let us help. Contact us using your favorite method, and we'll make it right.

**Call:** 1.800.273.1686 x2

**Email:** [CustomerSupport@PersonalTrainerFood.com](mailto:CustomerSupport@PersonalTrainerFood.com)

**Chat:** [PersonalTrainerFood.com](http://PersonalTrainerFood.com)



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