IT'S EASY!
Follow these simple eating guidelines

7:30 a.m.
Eat-Smart Superior Protein Nutrition Shake

10:00 a.m.
Yogurt and Apple

12:30 p.m.
Salmon, Brown Rice, and Asparagus

3:00 p.m.
Eat-Smart Whey Protein Crisp Bar

6:30 p.m.
Fillet Steak, Potato, and Broccoli

9:00 p.m.
Eat-Smart Protein Chocolate Pudding

DIETS SUCK

EAT-SMART iSatori
7-DAY STARTER KIT

SO MUCH MORE THAN PROTEIN

You know how important it is to eat smart to improve your body and your health. Eat-Smart® makes it easy and convenient to supply your body with the nutrition it needs, including a healthy profile powered by whey protein, fiber, probiotics, flaxseed, Nutrim® [oats], vitamins and minerals, and enzymes. Plus, Eat-Smart does not contain any unhealthy ingredients like hydrogenated oils, corn syrup solids, fructose, dextrose, or aspartame... it's easy to see we engineered Eat-Smart to provide your body with the precise nutrients it needs to recover from strenuous physical activity, sustain your energy levels, and build a healthy, strong new you. Because let's face it: *Diets Suck!*

FEEDING AMERICA

When I was a kid, my Mom and I relied on a local food bank to eat. Wanting to give back, iSatori gives a nutritious Eat-Smart bar to Feeding America's "Backpack Program" for every box of Eat-Smart bars purchased. Thank you for helping us feed America's hungry children.

—Stephen Adelé,
Founder & CEO, iSatori

FOREWORD BY ANDREW ROSENTHAL, M.D.

DIETS SUCK!

A Remarkably Inspiring Story of Physical & Emotional Transformation

STEPHEN ADELÉ

FREE 3 Chapters of *Diets Suck!* See Inside!

EAT-SMART
SUCCESS STORIES

Once you commit to making a transformation, eating smart, exercising, and have a quality supplementation plan in place, you will see results. Often faster than you ever believed possible! Want proof? Look below at just three of the amazing transformations from *Diets Suck!*

ANDREA LOST 113 lbs.

"The weight I've lost resulted in giving me a completely different outlook on life. I now see my life so much more positively... I'm so much happier... and I feel so much more confident."

ALBERT LOST 100 lbs.

"I wake up smiling every day. I've changed my life for the better. And now it's time for me to pay it forward and help others walk in my footsteps."

KIM'S BODYFAT DROPPED 50%

"I feel like a fit person now. The way I feel about myself and my life now is indescribable."

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Individual results may and will differ. Always consult a physician prior to any diet or exercise program.

DIETS SUCK!

A Remarkably Inspiring Story of Physical & Emotional Transformation

STEPHEN ADELÉ

EAT-SMART iSatori
7-DAY STARTER KIT

FREE 3 Chapters of Diets Suck! (see inside!)

GLUTEN FREE CERTIFIED

NET WT. 1.22lbs

4-1.22oz (34.6g) Chocolate Chocolate Chip Nutrition Shakes
3-1.18oz (33.5g) Double Vanilla Ice Cream Nutrition Shakes
4-1.91oz (54g) Chocolate Peanut Caramel Crunch Nutrition Bars
3-1.94oz (55g) Frosted Cinnamon Caramel Crunch Nutrition Bars
1-7oz Blender Bottle

4 SINGLE SERVING — *Chocolate Chocolate Chip Nutrition Shakes*

Nutrition Facts

Serving Size 1 Packet (34.6g)
Servings Per Container: 4

Amount Per Serving	
Calories 140	
Calories from Fat 35	
	% DV*
Total Fat	4 g 6%
Saturated Fat	1 g 6%
Trans Fat	0 g
Cholesterol	15 mg 5%
Sodium	160 mg 6%
Potassium	220 mg 6%
Total Carbohydrate	7 g 3%
Dietary Fiber	2.5 g 10%
Sugars	1 g
Protein	19 g 38%
Vitamin A	10%
Vitamin C	10%
Calcium	15%
Iron	10%
Vitamin D	10%
Vitamin E	10%
Vitamin K	10%
Thiamin	10%
Riboflavin	10%
Niacin	10%
Vitamin B6	10%
Folate	10%
Vitamin B12	10%
Biotin	10%
Pantothenic Acid	10%
Phosphorus	15%
Iodine	10%
Magnesium	10%
Zinc	10%
Selenium	10%
Copper	10%
Manganese	10%
Chromium	10%
Molybdenum	10%

Percent Daily Values are based on a 2,000- or 2,500-calorie diet. Your daily values may be higher or lower depending on your calorie needs.
* Daily value not established

		2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whey protein isolate, creamer (sunflower oil, buttermilk, disodium phosphate, natural flavor, and silicon dioxide), whey protein concentrate, calcium caseinate, Nutrim®, Fibersol®-2, natural and artificial flavors, hydrolyzed whey protein concentrate, cellulose gum, fructooligosaccharides, L-glutamine, carrageenan, sodium chloride, potassium chloride, sucralose, lecithin, vitamin-mineral blend (ascorbic acid, dl-alpha tocopheryl acetate, ferrous phosphate, niacinamide, zinc oxide, d-calcium pantothenate, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride, copper sulfate, manganese sulfate, vitamin A palmitate, folic acid, biotin, potassium iodide, chromium polynicotinate, phytonadione, sodium molybdate, sodium selenite, cholecalciferol, cyanocobalamin), aluminum phosphate, magnesium oxide, flaxseed powder, Lactobacillus acidophilus, bifidobacterium bifidum.

ALLERGEN WARNING: CONTAINS MILK AND SOY AND WAS PRODUCED IN A FACILITY THAT ALSO PROCESSES THE FOLLOWING ALLERGENS: WHEAT, EGG, AND PEANUTS.

3 SINGLE SERVING — *Double Vanilla Ice Cream Nutrition Shakes*

Nutrition Facts

Serving Size 1 Bar (55g)
Servings Per Container: 3

Amount Per Serving	
Calories 140	
Calories from Fat 30	
	% DV*
Total Fat	3.5 g 8%
Saturated Fat	1 g 9%
Trans Fat	0 g
Cholesterol	15 mg 9%
Sodium	200 mg 8%
Potassium	480 mg 13%
Total Carbohydrate	8 g 3%
Dietary Fiber	3 g 12%
Sugars	2 g
Protein	19 g 38%
Vitamin A	10%
Vitamin C	10%
Calcium	15%
Iron	10%
Vitamin D	10%
Vitamin E	10%
Vitamin K	10%
Thiamin	10%
Riboflavin	10%
Niacin	10%
Vitamin B6	10%
Folate	10%
Vitamin B12	10%
Biotin	10%
Pantothenic Acid	10%
Phosphorus	15%
Iodine	10%
Magnesium	20%
Zinc	10%
Selenium	10%
Copper	10%
Manganese	10%
Chromium	10%
Molybdenum	10%

Percent Daily Values are based on a 2,000- or 2,500-calorie diet. Your daily values may be higher or lower depending on your calorie needs.
* Daily value not established

		2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: whey protein isolate, cocoa powder (Dutch process), calcium caseinate, Nutrim®, whey protein concentrate, creamer (sunflower oil, buttermilk, disodium phosphate, natural flavor, silicon dioxide), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin (added as an emulsifier), hydrolyzed whey protein concentrate, natural and artificial flavor, cellulose gum, sodium chloride, fructooligosaccharides, L-glutamine, carrageenan, potassium chloride, sucralose, lecithin, Fibersol®-2, vitamin-mineral blend (ascorbic acid, dl-alpha tocopheryl acetate, ferrous phosphate, niacinamide, zinc oxide, d-calcium pantothenate, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride, copper sulfate, manganese sulfate, vitamin A palmitate, folic acid, biotin, potassium iodide, chromium polynicotinate, phytonadione, sodium molybdate, sodium selenite, cholecalciferol, cyanocobalamin), aluminum phosphate, magnesium oxide, flaxseed powder, Lactobacillus acidophilus, bifidobacterium bifidum.

ALLERGEN WARNING: CONTAINS MILK AND SOY AND WAS PRODUCED IN A FACILITY THAT ALSO PROCESSES THE FOLLOWING ALLERGENS: WHEAT, EGG, AND PEANUTS.

4 45g SERVING — *Chocolate Peanut Caramel Crunch Nutrition Bars*

Nutrition Facts

Serving Size 1 Bar (54g)
Servings Per Container: 3

Amount Per Serving	
Calories 190	
Calories from Fat 60	
	% DV*
Total Fat	7 g 11%
Saturated Fat	3 g 15%
Trans Fat	0 g
Cholesterol	5 mg 2%
Sodium	180 mg 8%
Potassium	160 mg 5%
Total Carbohydrate	19 g 6%
Dietary Fiber	3 g 12%
Sugars	6 g
Sugar Alcohol	7 g
Protein	15 g 30%
Vitamin A 0% • Vitamin C 0%	
Calcium 15% • Iron 10%	
Vitamin E 30% • Riboflavin 6%	
Niacin 10% • Vitamin B6 15%	
Folate 2% • Vitamin B12 15%	
Biotin 6% • Pantothenic Acid 4%	
Phosphorus 15% • Magnesium 4%	
Zinc 4% • Selenium 10%	
Copper 10% • Manganese 8%	

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: EAT-SMART® Ultra Premium Whey Protein Matrix™ (whey protein crisps (whey protein isolate, whey protein concentrate, rice flour, calcium carbonate, whey protein hydrolysate), soy protein cotton crisps (isolated soy protein, tapioca starch, salt), reduced sugar dark chocolate flavored coating (maltitol, palm kernel oil, whey protein hydrolysate, cocoa processed with alkali, cocoa powder, sugar, palm oil, soy lecithin (as emulsifier), natural and artificial flavor, sucralose), corn fiber, chocolate liquor, cocoa butter, soy lecithin, salt), hydrolyzed palm kernel oil, water, salted butter cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), disodium phosphate, salt, glycerin, natural flavor, soy lecithin, carrageenan), roasted peanuts, peanut flour, glycerin, gum arabic, sugar, peanut oil, water, inulin (chicory), soy lecithin, **EAT-SMART® Vitamin and Mineral Blend™** (d-alpha tocopheryl acetate, riboflavin, niacinamide, pyridoxine hydrochloride, cyanocobalamin, folic acid, d-calcium pantothenate, biotin, calcium carbonate, magnesium oxide, zinc oxide, manganese sulfate, sodium selenite), natural flavor, salt, mixed tocopherols, soy oil, sucralose.

ALLERGEN WARNING: CONTAINS MILK AND SOY AND WAS PRODUCED IN A FACILITY THAT ALSO PROCESSES THE FOLLOWING ALLERGENS: WHEAT, EGG, AND PEANUTS.

3 45g SERVING — *Frosted Cinnamon Caramel Crunch Nutrition Bars*

Nutrition Facts

Serving Size 1 Bar (55g)
Servings Per Container: 3

Amount Per Serving	
Calories 190	
Calories from Fat 50	
	% DV*
Total Fat	5 g 11%
Saturated Fat	3 g 15%
Trans Fat	0 g
Cholesterol	5 mg 2%
Sodium	140 mg 6%
Potassium	70 mg 2%
Total Carbohydrate	20 g 7%
Dietary Fiber	3 g 12%
Sugars	9 g
Sugar Alcohol	5 g
Protein	15 g 30%
Vitamin A 0% • Vitamin C 0%	
Calcium 15% • Iron 10%	
Vitamin E 30% • Thiamin 2%	
Riboflavin 6% • Niacin 15%	
Vitamin B6 15% • Vitamin B12 15%	
Biotin 6% • Pantothenic Acid 6%	
Phosphorus 15% • Magnesium 4%	
Zinc 4% • Selenium 10%	
Copper 10% • Manganese 8%	

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: EAT-SMART® Ultra Premium Whey Protein Matrix™ (whey protein crisps (whey protein isolate, whey protein concentrate, rice flour, calcium carbonate, whey protein hydrolysate), soy protein cotton crisps (isolated soy protein, tapioca starch, salt), reduced sugar dark chocolate flavored coating (maltitol, palm kernel oil, whey protein hydrolysate, cocoa processed with alkali, cocoa powder, sugar, palm oil, soy lecithin (as emulsifier), natural and artificial flavor, sucralose), corn fiber, chocolate liquor, cocoa butter, soy lecithin, salt), hydrolyzed palm kernel oil, water, salted butter cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), disodium phosphate, salt, glycerin, natural flavor, soy lecithin, carrageenan), roasted peanuts, peanut flour, glycerin, gum arabic, sugar, peanut oil, water, inulin (chicory), soy lecithin, **EAT-SMART® Vitamin and Mineral Blend™** (d-alpha tocopheryl acetate, riboflavin, niacinamide, pyridoxine hydrochloride, cyanocobalamin, folic acid, d-calcium pantothenate, biotin, calcium carbonate, magnesium oxide, zinc oxide, manganese sulfate, sodium selenite), natural flavor, salt, mixed tocopherols, soy oil, sucralose.

ALLERGEN WARNING: CONTAINS MILK AND SOY AND WAS PRODUCED IN A FACILITY THAT ALSO PROCESSES THE FOLLOWING ALLERGENS: WHEAT, EGG, AND PEANUTS.

GLUTEN FREE CERTIFIED

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