



DIETS SUCK!
EAT SMART
7-DAY STARTER KIT
STEPHEN GELL



– 12:30 p.m.
Salmon, Brown R
and Asparagus

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

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

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

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, Nutralm® (loaf), 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

REAL DIETS

DIETS SUCK!

STEPHEN ADELE
with Sue Mossebar

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.

Foreword by Arnold Schwarzenegger, M.D.

DIETS SUCK!

A Remarkably Inspiring Story of Physical & Emotional Transformation

STEPHEN ADEL
WITH SCOTT MOSEBAR



EAT-SMART
7-DAY STARTER KIT

iSatori[®]

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



NET WT. 1.22lbs

4-1.23oz (34.5g) Chocolate Chocolate Chip Nutrition Shake
3-1.16oz (33.5g) Double Vanilla Ice Cream Nutrition Shake
4-1.59oz (45g) Chocolate Peanut Caramel Crunch Nutrition Bar
3-1.59oz (45g) Frosted Cinnamon Caramel Crunch Nutrition Bar
1-20oz Blender Bottle

Nutrition Facts
Serving Size: 1 Packet (33.5g)
Servings Per Container: 4

Amount Per Serving		
Calories 140		
Calories from Fat 35		
		% DV
Total Fat	4 g	8%
Saturated Fat	1 g	2%
Trans Fat	0 g	
Cholesterol	15 mg	3%
Sodium	160 mg	8%
Potassium	220 mg	4%
Total Carbohydrate	7 g	2%
Dietary Fiber	2.5 g	10%
Sugars	1 g	
Protein	19 g	38%

Nutrition Facts
Serving Size: 1 Packet (34.5g)
Servings Per Container: 3

Amount Per Serving		
Calories 140		
Calories from Fat 30		
		% Daily Value*
Total Fat	3.5 g	7%
Saturated Fat	1 g	2%
Trans Fat	0 g	0%
Cholesterol	15 mg	3%
Sodium	200 mg	8%
Potassium	400 mg	13%
Total Carbohydrate	8 g	3%
Dietary Fiber	3 g	12%
Sugars	2 g	
Protein	19 g	30%

Nutrition Facts
Serving Size: 1 Bar (45g)
Servings Per Container: 4

Amount Per Serving	
Calories 100	
Calories from Fat 60	
	% Daily Value*
Total Fat 7 g	11%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 5 mg	10%
Sodium 160 mg	5%
Potassium 160 mg	6%
Total Carbohydrate 19 g	6%
Dietary Fiber 3 g	12%
Sugars 6 g	
Sugar Alcohol 7 g	

Nutrition Facts:
Serving Size: 1 Bar (45g)
Servings Per Container: 3

Amount Per Serving		
Calories 180		
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	

INGREDIENTS: EAT-SMART® Ultra Premium Whey Protein Matrix™ (whey protein crisps (whey protein isolate, whey protein concentrate, rice flour, calcium

[illegible][illegible][illegible]

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

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