



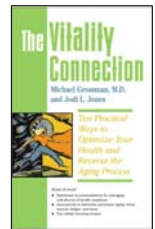
## The Experts' Choice in Optimum Nutrition™

*Recommended by Doctors, Wellness Practitioners and Personal Trainers Throughout the Country!*



Jodi Jones, Ph.D. is President, CEO and Executive Chef of Vitality Gourmet. She is a certified sports nutritionist and received her Doctorate in Nutritional Food Science from the University of Maryland, Eastern Shore. Dr. Jodi co-authored *The Vitality Connection: Ten Practical Ways to Optimize Your Health and Reverse the Aging Process* with Michael Grossman, M.D. She also authored a “kid friendly” Healthy Cookbook and created a series of compelling nutrition education DVDs, which help address health and obesity issues prevalent nationwide with kids, teens and adults. Her “Vitality Challenge” program is another set of tools which create success!

Dr. Jodi is a motivational public speaker and consultant in the areas of wellness, nutritional cooking and living your passion. She has been interviewed on radio and cable television shows throughout the country, and featured in publications such as Women’s World, Today’s Women, Brentwood Magazine, OC Metro and the Orange Country Register. Dr. Jodi’s program is recommended by medical doctors, holistic practitioners, personal trainers and nutritionists for the highly successful immediate results realized by clients with consistency.



The inspiration for Vitality Gourmet was a result of Dr. Jodi’s battle with Lupus and Fibromyalgia, which was cured through the use of fresh organic foods and nutritional supplementation. To read more about her story, visit [www.vitalitygourmet.com](http://www.vitalitygourmet.com) and click on About Us. Dr. Jodi also offers healthy cooking classes in her 4,000 sq. ft. kitchen in Anaheim, California as well as personal nutritional consultations and assessments.



Before

After (5 Months)

*“I tried virtually every program out there with no lasting results. I experienced the typical “yo-yo” effect for many, many years until I found Vitality Gourmet! After having my nutrition consultation by Dr. Jodi and receiving my personalized nutrition plan, I’ve had consistent success over the past 5 years. I lost over 50 pounds, lowered my cholesterol by more than 100 points and have more energy than ever! The meals taste great; fresh, convenient and affordable. I can’t recommend Vitality Gourmet highly enough!” P. Anderson—San Clemente, CA.*

### Company Contact Information:

949.294.8888

[www.VitalityGourmet.com](http://www.VitalityGourmet.com)

1773 W. Lincoln Avenue, Unit A, Anaheim, CA 92803

### To Schedule Dr. Jodi’s Speaking, Counseling and Consulting Services:

949.294.8888

[DrJodiJones@VitalityGourmet.com](mailto:DrJodiJones@VitalityGourmet.com)



## Vitality Power Meals™—Breakfast, Lunch, Dinner and Snacks



### Optimum Nutrition and Balance!

Our fresh Vitality Power Meals were created especially for you with great taste, proper balance of nutrients and optimum calories using mostly organic ingredients. Perfect for weight management and those struggling with blood sugar, heart or autoimmune conditions. Gluten-free and vegetarian options are available. Home or office delivery is available at an extra charge. Local depot pick-up locations offered in Newport Beach, Anaheim and Mission Viejo, California.

*Average Nutrition Facts: 325 Calories, plus 175 Calories for Snacks  
Average: 35 grams of lean protein, 35 grams of low-glycemic carbs,  
15 grams of good fats and 9 grams of fiber.*



### A Variety of Options Available: Sample Menu

#### Breakfast

- ◆ Vitality Energy Muffins: High Protein, High Fiber
- ◆ Vitality Boosting Smoothie
- ◆ Ham or Crab Veggie Frittata with Mini Muffin and Applesauce

#### Lunch: Chopped Salad or Soup

- ◆ Asian Chicken Chopped Salad
- ◆ Seared Steak Chopped Salad
- ◆ Greek Shrimp Chopped Salad

#### Dinner:

- ◆ Lemon Rosemary Chicken with Julienne Vegetables and Brown Rice
- ◆ Grilled Salmon with Roasted Red Pepper Sauce, Quinoa and Asparagus
- ◆ Veggie “Lasagna” with Grilled Eggplant and Zucchini (no pasta)



### Packaged for Freshness and Convenience!

The Vitality Power Meals are packaged for optimum freshness and convenience. Having a quick “grab and go” nutritious fresh meal has never been more simple. The meals are delicious, nutritious and just as important—filling! All lunch meals include fresh veggie strips and dip, along with two snacks (mini Vitality Energy Muffin and Vitality Trail Mix) and dinners include a dessert. Visit our website for a complete listing of menu options. Good health is just a click away!

\* Low glycemic and low sodium.

\* No trans fats, no preservatives or dyes and no sugar.

\* Recommended by doctors, nutritionists and personal trainers.

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