



# OPTIMAL NUTRITION

Would you give a high performance vehicle low octane gas? At Optimal Nutrition Inc. we believe your body deserves nothing but the best! Are you worth it? Give your body the fuel that will put it back into high gear and allow you to perform at the highest level both physically and mentally. Nutrition is not a quick fix; it is daily maintenance and diligent attention to detail which keeps you in top condition. Optimal Nutrition Inc. is here to help and take some of the guess work out of the equation.

We specialize in a customized organic meal service, the latest hydration technology and the ever-popular meal replacement bar, **91 Bar**. At Optimal Nutrition Inc., our team provides you with every available tool to keep your mind and body at their peak. Every ingredient is specifically sourced from the finest farms and manufactures. We don't believe in preservatives, additives or GMO (genetically modified) foods. The organic ingredients we use to make your food are the finest we can offer. Each meal is specifically designed and portioned to your body i.e.: BMR, bone size, lean muscle mass, body fat and activity level. Eating our customized meals and freshly baked bars will allow you to eat 5-6 balanced meals per day, leaving you more energetic and prepared for anything you might encounter.

Congratulations you have invested in your body, performance, and health by choosing this service!

## **Important Instructions upon Receiving Your Meals:**

1. Upon arrival, it is best to choose 2 days worth of your entrée's and place in them in the fridge.
2. Place the remaining entrées in the freezer.
3. When in doubt, follow the recommended freeze-by date on the meal container.
4. It is also best to let the meals thaw out naturally; never try to speed up that process by defrosting in the microwave.

## **Packaging Considerations:**

After months of research and careful deliberation, the decision was made to vacuum package our meals and shrink wrap our meal replacement bars (a.k.a. the “**91 Bar**”). We have concluded that vacuum packaging is the safest and best way to keep food fresh. Vacuum sealing removes virtually all air surrounding your meals, preventing bacteria from growing, providing a longer lasting more durable product.

## **Reheating Options:**

You have two options when reheating your meals.

1. Conventional Oven
  - a. Simply cut the vacuum sealed bag and remove the meal container. Place the entire container in a conventional oven and bake.
  - b. Heat at 350 degrees to an internal temperature of 165 degrees. Considering each individual's meals are a different size due to custom portioning, as well as the content of each meal, cook times will vary significantly.
2. Microwave Oven
  - a. Simply cut the vacuum sealed bag and remove the meal container. Place the entire container in a microwave oven and bake.
  - b. Heat on high to an internal temperature of 165 degrees. Considering each individual's meals are a different size due to custom portioning, as well as the content of each meal, cook times will vary significantly.

### **Personalize It! - Items That You Can Add To Your Meals.**

We all like things a little differently, some like it hot, some like it sweet. Here are some ways to make your meals taste a little more like you; however, try the meals the way they are first --- they are created to taste great.

1. Hot sauces; to make a little spicier.
2. Fat-Free Chicken Broth; a splash of this can really moisten up your meal.
3. Light Coconut Milk; can be added for a creamier texture.
4. Tomato sauce; to add more moisture for your tomato base dishes.
5. Add a salad to your lunches and dinners with a low fat dressing or an ONI provided vegetable side dish. This will increase the vitamins and minerals in your diet and give you additional fiber, and a lot of crunch with very little calories.

## **Sample Eating Schedule – Less than 1800 BMR**

*Wake up: 8:00am*

Breakfast Smoothie or Breakfast Recipe (see recipes below)

*Mid-Morning Meal*

*10:00am - 11:00am*

*½ of **91 Bar***

*Lunch*

*1:00pm - 2:00pm*

ONI Customized Meal

*Mid-Afternoon*

*4:00 - 5:00pm*

*½ of **91 Bar***

*Dinner*

*7:00pm - 8:00pm*

ONI Customized Meal + a side salad or ONI Veggie Side dish

## **Sample Eating Schedule – More than 1800 BMR**

*Wake up: 8:00am*

Breakfast Smoothie or Breakfast Recipe (see recipes below)

*Mid-Morning Meal*

*10:00am - 11:00am*

***91 Bar***

*Lunch*  
1:00pm - 2:00pm  
ONI Customized Meal

*Mid-Afternoon*  
4:00 - 5:00pm  
**91 Bar**

*Dinner*  
7:00pm - 8:00pm  
ONI Customized Meal + a side salad or ONI Veggie Side dish

## **Sample Eating Schedule – More than 1800 BMR and/or Athlete**

*Wake up: 8:00am*  
Breakfast Smoothie or Breakfast Recipe (see recipes below)

*Mid-Morning Meal*  
10:00am - 11:00am  
**91 Bar**

*Lunch*  
1:00pm - 2:00pm  
ONI Customized Meal

*Mid-Afternoon*  
4:00 - 5:00pm  
**91 Bar**

*Dinner*  
7:00pm - 8:00pm  
ONI Customized Meal + a side salad or ONI Veggie Side dish

*Post-Workout Meal*  
To be consumed after workouts.

If you have chosen to purchase the Smoothie Kit from ONI to round out your day with nutritious smoothies for breakfast, you will find your specifically tailored recipes on our website. Optimal Nutrition has provided you with the introductory package of the non-perishable ingredients you will need to make your morning smoothies. The following is a list of the perishable items you will need to purchase to complete your breakfast recipes:

Organic Freshly Squeezed Orange Juice

Organic Freshly Squeezed Apple Juice

Organic Frozen Strawberries

Organic Frozen Cherries

Organic Bananas

Organic Yogurt

Organic Eggs

Organic Egg Whites

Organic Salsa

Whole Foods and other health food stores will carry all these items. If you do not have these types of stores near you, try and find non-organic versions in traditional grocery stores.

## 10 Rules to Live By

1. Eat **BREAKFAST** every day!
2. **THREE FOR THREE:** Eat smaller portions more often, spread evenly across the day. No excuses --- you should be eating 5-6 meals/day! Aim for all three nutrients, every three hours.
3. **COME BACK TO EARTH:** Try to choose the least processed forms of food. Fruits, veggies, whole grains, and high fiber carbohydrates.
4. **LESS LEGS THE BETTER:** Include a **LEAN** protein source with each meal.
5. **EAT FATS THAT GIVE SOMETHING BACK:** Include healthy fats in your diet like olive oil, nuts, seeds, avocado, fish, and flaxseeds.
6. **EAT A RAINBOW OFTEN:** Eat Fruits or Vegetables with each meal. Choose a wide variety of colors for the biggest benefit.
7. **STAY HYDRATED** (.5-1.0 x body weight = ounces of water per day) by drinking non-caloric beverages (water/green tea).
8. **ADD a multivitamin** with anti-oxidant complex and a **fish oil** supplement into your daily routine.
9. **DON'T WASTE YOUR WORKOUT:** Have a pre-workout shooter and/or post-workout recovery shake immediately after your training
10. **SLEEP:** Get some rest. The body recovers and repairs best when it is sleeping.

### Daily Checklist

1. Eat Clean
2. Eat Often
3. Hydrate
4. Recover
5. Mindset

We here at ONI are always here to help you in your quest for a new, healthier you and lifestyle. If you ever have any question or concerns, please contact us and we will be happy to take care of you. Thank you and welcome again to Optimal Nutrition, Inc.

Sincerely,

Your ONI Team