



Weight Control Clinic Approved

How To Guide

Ariani Health Solutions
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Web: www.DrArien.co.za/PlayFunFitness-FitFood-Ready-Made-Meals/



FITFOOD HOW TO GUIDE:

How to order FitFood:

1. Find the FitFood order forms attached to the email;
2. Select from the mouth-watering menu and complete the green sections on the relevant *Excel FitFood Sheet* for the week (*for e.g. the first Monday of the month = FitFood 1, the second Monday of the month = FitFood 2 etc*);
3. Send your completed order form(s) to Anri@DrArien.co.za
4. Make sure you place your order in time to avoid disappointment (*completed order forms with proof of payment must be forwarded by 12h00 on Saturdays for the following week/month*);
5. Meals are prepared on Mondays and ready for collection from Tuesdays onwards;
6. Please advise when you would like to pick up your meals, so that I can freeze them if necessary.

How to prepare FitFood:

1. From frozen: remove your FitFood meal from the freezer approximately 4 hours before you would like to eat it, to ensure that the meal defrosts in time;
2. Remove contents from the container, place it on a plate, heat it up (preferably oven, or microwave) and enjoy;
3. Voila!

How to save:

1. Order in advance for the month by completing all the FitFood Sheets on the Excel document;
2. Savings:
 - 2.1 If your total order is between R 1 000.00 and R 2 000.00 per month (*i.e. +/- R500 per week*); **you will receive 5% off**;
 - 2.2 If your total order is between R 2 000.00 and R 4 000.00 per month (*i.e. +/- R1000 per week*); **you will receive 10% off**;
 - 2.3 If your total order is more than R 4 000 per month (*i.e. more than R1000 per week*); **you will receive 15% off**;
3. To qualify for discounts, complete the order forms in advance for the month (4/5 weeks); so that it adds up to R2000, R4000 or more; then send it before 12h00 on the coming Saturday with proof of payment and I'll have your meals ready weekly for the month or at once if you prefer).

A healthy outside starts from the inside! - Robert Urich

For more info on the ready-made meals: <http://bit.ly/2pffrmm>

'Like' my Facebook page for more tips on healthy living: <https://www.facebook.com/PlayFunFitnessHealth/>