

Optimal Nutrition Inc. is in the fuel business. We specialize in preparing and delivering customized organic meals. We design and portion every meal to your caloric needs. We understand that everybody has different nutritional goals, which is why we customized every meal to help you reach your health goals! In addition, Optimal Nutrition delivers freshly baked meal replacement bars, **g1 Bar**, to reduce the reoccurrence of skipped meals. The **g1 Bar** is designed to replicate a balanced meal. Having an ideal carbohydrate: protein: fat ratio, making the **g1 Bar** very easy to digest and eliminates the feeling of hunger.

Optimal Nutrition Inc. is truly dedicated to delivering proper nutrition to busy and health conscious individuals throughout the nation. Statistics clearly show that diet accounts for 70-80% of what our body looks and feels like. Optimal Nutrition recognizes the repercussions of eating over processed and chemically enhanced diet foods. That is why ONI uses ingredients sourced from the freshest and finest organic farms and manufacturers which contain no additives or GMO (genetically modified organism) food items. If you want a nutritious meal plan that is derived from natural ingredients, free of preservatives— think organic, think Optimal Nutrition. With the proper fuel for your body you will feel stronger, more energetic, and better prepared for today's challenges. Because when you put optimal nutrition in, you get optimal performance out.

Every meal is customized with

Recipient's Name
Total Daily Calories
Meal Calories
Carbohydrate, Protein and Fat Grams
List of Ingredients
Ingredients

Every g1 Bar has:

Zero grams Trans Fats
Excellent Source of Protein
Good Source of Fiber & Iron
No additives or preservatives
Organic High Nutrient Dense

Enrolling in Optimal Nutrition's customized meal program is easy! To get started visit www.optimalnutritioninc.com, choose the "New Customer" and follow our new online registration and ordering system. You may also contact us via email info@optimalnutritioninc.com or by telephone **858.202.0445**.

