

No more planning, shopping or cooking!



# the freshplan

*Perfect for...weight loss, diabetics  
or anyone interested in healthy eating.*

- Convenient, freshly prepared meals
  - Low fat\* & low sodium
  - No contracts or sign-up fees

\* Based on average per day using four-week menu cycle

**Save \$30<sup>00</sup>**

**On 4 Week Program**

check or cash only  
with coupon • one coupon  
per customer • not valid  
with other offers

**\$10<sup>00</sup> OFF**

**On One Week**

with coupon • one coupon  
per customer • not valid  
with other offers • new  
customers only

**Arlington Heights**

**847.870.2222**

And surrounding areas

**Buffalo Grove**

**847.634.2222**

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