

## What our clients are saying...

"I have been on this program for nearly 3 years and can't imagine life without it. When I'm on vacation, I find I can't wait to get home so I can start the meals again."

Chuck Whitman, CEO/Founder  
Infinium Capital Management

"The food is magical... leans me out and energizes!"

Jim Thome, Future Hall of Famer

"We love the food and the way it makes us feel."

Jenn and Paul Konerko,  
Chicago White Sox

"Our guys really enjoy the food—we serve it at training camp and during the season."

Mike Gapski, ATC, Head Athletic Trainer  
Chicago Blackhawks

"ELTP meals make achieving your extraordinary health accessible, convenient and delicious."

Dr. Matthew Pechl, DC

"I have been trying to lose weight for years. The meals helped me not only lose and keep the weight off, but they improved my lab results—my doctor was astounded!"

Mrs. L.W., Lake Forest, IL

"Eat Like the Pros is a huge part of my everyday routine. Heading into the playoffs after 82 regular season games, I feel as strong and as healthy as I did in training camp in September. Making sure my body is ready to perform is very important, and ELTP along with Julie Burns have helped me incredibly."

Jonathan Toews,  
Chicago Blackhawks Captain



Premium Fuel as Nature Intended

Julie Burns, MS, RD, CCN  
Founder

Chef Max Reeves, RD  
Food Service Consultant

Jenny Westerkamp, RD  
Nutrition Consultant

Phone:  
708-792-ELTP (3587)

Fax:  
866-292-PROS (7767)

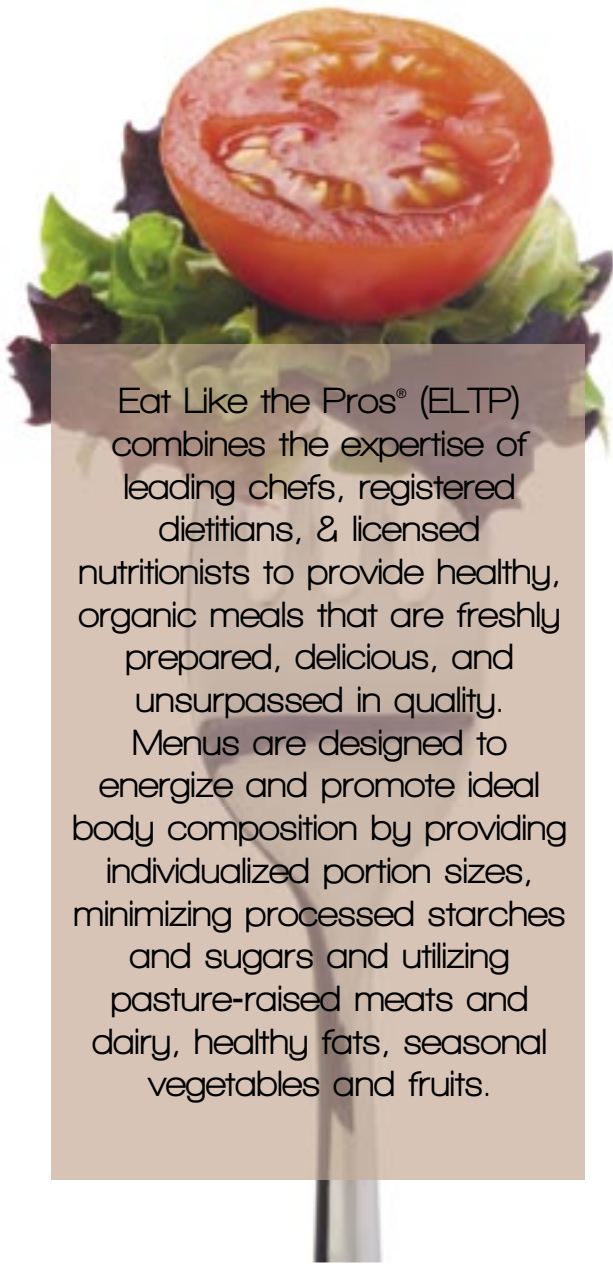
Email:  
customerservice@EatLikeThePros.com

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

## What Should I Eat Today?



Premium Fuel as Nature Intended



Eat Like the Pros® (ELTP) combines the expertise of leading chefs, registered dietitians, & licensed nutritionists to provide healthy, organic meals that are freshly prepared, delicious, and unsurpassed in quality. Menus are designed to energize and promote ideal body composition by providing individualized portion sizes, minimizing processed starches and sugars and utilizing pasture-raised meats and dairy, healthy fats, seasonal vegetables and fruits.

# Organic Meal Delivery Service

## Menu Highlights

- Wheat and gluten-free
- Dairy-free options
- Choose from a varied, 4 week rotating menu
- Appropriate carbohydrate content and portion sizes for optimal results
- Pasture-raised meats, eggs, poultry & 100% grass-fed beef
- Organic dairy from pastured, grass-fed cattle
- Organic produce, spices, and condiments
- Cleanse-friendly menu items

## How it Works

1. Sign-up at [www.eatlikethepros.com](http://www.eatlikethepros.com).
2. Receive an estimate of your daily calorie needs.
3. Build your own meals.
4. Schedule delivery up to one month in advance.
5. Meals are delivered to a location of your choosing or may be picked up at our kitchen.
6. ENJOY your healthy and delicious meals!

## Pricing

Below is an estimated breakdown of pricing per day for various calorie levels. Pricing will vary depending on the amount and type of food ordered and a la carte items chosen for each order date.

Average cost per day (meals and snacks):

<b>1400 calories</b>	\$33-57
<b>2000 calories</b>	\$40-85
<b>3000 calories</b>	\$55-110

## Delivery

Monday, Wednesday & Friday by 6:00 AM\* to downtown Chicago and select suburbs. See website for complete listing and pricing based on location.

\*Earlier pick-ups may be accommodated.

## Menu Sampling

### Breakfast

Steak & Eggs, Breakfast Polenta, Pinto Bean Tostadas, Sun-Dried Tomato Frittata, Western Omelet

“The Pros®” Pancakes & Yogurt Parfait available daily.

### Lunch/Dinner

Chimichurri Skirt Steak, Turkey Chili, Almond-Crusted Chicken, BBQ Spiced Salmon, Chicken Fajitas, Grilled Lamb Loin, and more!

### Snacks

Available Daily:

Raw Sprouted Nuts, Variety of Natural Energy Bars, Seasonal Fruit Options, Naturally Smoked Turkey Jerky, Grass-fed Beef & Bison Jerky

Seasonal Options:

Shrimp Rolls, Hummus & Crackers (various flavors), Marinated Olives, Apple & Almond Butter, Seasonal Cheese & Crackers, Lettuce Wraps

## Why ELTP?

- Real food from organically grown sources, whenever possible
- Convenient online ordering and delivery
- Flexible a la carte menu designed to meet a variety of dietary needs and preferences
- Customized Pro Plans to assist reaching desired health and body composition goals



Premium Fuel as Nature Intended

