


The Zone Diet Made Easy.



Don't let the hassle of food prep,
measuring and planning keep
you from experiencing all the benefits of The Zone.

Get a week's worth of Zone Friendly meals for just \$150 –
includes lunches and dinners. That's 14 home-made,
hassle-free meals. Just heat and serve.

Lunch-only and Dinner-only plans are also available
for just \$70 per week.

Here's how it works:

Sign up to receive the weekly menus via e-mail each Wednesday.

Choose the number of days and which meals you want.

E-mail me your choices no later than Friday.

Pick up your trouble-free, Zone Friendly meals on Sunday.

Stop working for The Zone and make The Zone work for you.

E-mail me today to enroll in this fantastic program –

please be sure to include your number of blocks and list any foods you dislike.

colleenletak@hotmail.com

Discover what
these clients
already know:

"since starting the Zone in November
I have had an increase in daily energy levels,
have seen improvements in my Crossfit WODs,
and even sleep more soundly at night.

Colleen's
prepared lunches and dinners help keep me in the Zone
when I get busy with work. Having her delicious meals
on hand allow me to eat my favorite kinds of food from
Mexican to meatloaf, without all the stress of the prep
work."

- Leigh Ann

Colleen's
meals are creative,
quick and easy,
and some of the best tasting
Zone recipes I have ever eaten.
It's refreshing to be able to enjoy the
foods that I love, and still have a
balanced diet!

-Stacy

I love being able to
stick to The Zone without
having to think about it.
Eating right has never been easier –
or tastier.

-Wendy