We provide the food; you lose the weight!

- Five days of balanced, portioned meals & snacks
- Three meals plus snacks each day
- Convenient, healthy and satisfying menus
- No calorie counting, no fuss – losing weight doesn’t get any easier

Getting Started

- Contact your nearest Hy-Vee registered dietitian for more information and to register.
- Pre-pay and pick-up at Customer Service on designated days each week.
- Lose weight while saving time and money.

Your Pick-Up Information:

Place order and pay by: ______________________
Pick-up date & time: _______________________
Pick-up location: _________________________

See what satisfied and slimmer participants have to say!

“The program has worked for me.”
“Doesn’t feel like a ‘diet’.”
“I love this food plan. This is…absolutely the greatest thing Hy-Vee can offer.”
“This program is saving us a lot of money. We’re eating out a lot less.”
“I’ve been receiving food since Day 1 of the program and continue to get it seven months later!”
“The menus are great and I don’t have to guess at what I ‘should’ be eating.”

Your Macomb Hy-Vee Registered Dietitian:

Jennifer Soucie, RD, LDN
Dietitian and Wellness Coach
1600 East Jackson St  |  Macomb, IL
(309) 837-9917
1420dietitian1@hy-vee.com

Commit to a healthier you.
Live the change you want to make.
Sign up today at your Macomb Hy-Vee.
Making lives easier, healthier, happier.
**Fast, Fit, Food! FAQs**

Q: How much does the program cost?
A: The program costs $75 per week. There are no hidden fees or long-term commitments.

Q: What types of food are in the program?
A: Meals include all food necessary for three meals and two snacks per day. This includes fresh fruits and vegetables, dairy products, frozen entrees and fresh or frozen meat and seafood.

Q: How will I know what to eat and when?
A: You will receive a menu each week when you pick up your food. The menu lists the foods consumed at each eating occasion and provides calorie-controlled ideas for two “you plan it” days each week.

Q: Do I have to prepare the food?
A: Minimal food preparation is required. Most items can be prepared in a microwave, with a few meals requiring an oven, grill or stove.

Q: What if I do not like some of the food in the meal plan?
A: The menus are designed to provide variety and meet nutrition guidelines. We encourage you to try everything. Your Hy-Vee dietitian is happy to help you with meal preparation ideas.

Q: Are the frozen/convenience foods high in sodium?
A: Your Hy-Vee dietitians have selected nutritious frozen food options from brands we trust. When we use frozen entrées, we choose those with a healthy balance of calories, fat, protein, fiber and sodium. The daily sodium content of Fast, Fit, Food! meals falls within Dietary Guidelines recommendations. The meals provide good sources of calcium, magnesium and potassium, to promote healthy blood pressure.

Q: Can I participate if I need to follow a heart-healthy or diabetic diet?
A: Yes. Total and saturated fat and cholesterol are calculated for each day of the meal plan; they meet guidelines set by the American Heart Association. The menus provide 45-60% of calories from carbohydrate and 25-30 g of fiber, spread between meals and snacks, to promote moderate and stable blood sugar.

Q: What if I have food allergies?
A: Food allergies can pose a serious threat to the health of our customers. The menus include items that may be problematic for those with allergies. Fast, Fit, Food! does not accommodate special needs for allergies at this time.

Q: What kind of beverages can I drink on the program?
A: Milk is provided as part of the calorie allowance each day. The menus do not leave room for extra calories from added beverages. Choose zero or low-calorie beverages such as water, unsweetened tea, coffee and diet soda.

**Professional Nutrition Support**

Hy-Vee is committed to helping you succeed. Fast, Fit, Food! participants may be interested in other Hy-Vee nutrition services.

**Fast, Fit, Food! classes** may be offered at select locations. Learn the essentials for weight loss and a healthy lifestyle such as breakfast keys, portion size know-how and eating out survival. Class cost: $60 for the six-week session.

**Supermarket tour** - Learn more about the foods in the program and how to shop to stay slim.

**Biometric screening** – Receive a screening at the start and end of the program to see how your numbers improve. This accurate finger-stick screening includes total cholesterol, LDL and HDL cholesterol, triglycerides, blood glucose, blood pressure and body mass index (BMI).

**Transition support** to help you maintain your new habits. Schedule a one-time or six-week nutrition consultation as you transition off Fast, Fit, Food!