



The
PTI BUZZ
Carol Kur, MSRD

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- [Franchising](#)
- [About Us](#)
- [Locations](#)

**MOVE ON
OVER THERE'S A NEW
DOG IN TOWN**
Bison Hot Dogs



No longer do we have to sacrifice health for taste. Bison Dogs taste great and are good for you too !!!!

Nutrient info: one Bison dog is 60 calories , 3 grams of fat and 7 grams protein

Nutrient info :one Beef hot dog is 180 calories , 16 grams of fat and 6 grams protein

Nutrient info: one Chicken hot dog is 118 calories, 8.8 grams of fat and 5.8 grams protein

In this cold weather its a great time to rent movies. Go for a comedy, and while you laugh you can burn 10-20% more calories . In 15 minutes alone that can be an additional 40 calories. So keep laughing!!!

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