



The
PTI BUZZ
Carol Kur, MSRD

Quick Links

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

Spice things
up with
healthy condiments



Mustard
Catsup
Lemon juice
Low-sugar fruit spreads
Worcestershire sauce
Soy sauce (low-sodium)
Cocktail sauce
Teriyaki sauce (low-sodium)
Chutney
Balsamic vinegar
Chunky Salsa
Barbecue sauce
Fat free Mayo
Tabasco
Plain Yogurt
Garlic

Add spices to your foods like hot peppers, cayenne peppers, cinnamon , garlic, and hot mustard to increase your fat burning metabolism by 8-to-20% for up to 3 hours after eating !!!!

www.personaltraininginstitute.com
877-PTI-WORK(S)

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to ekaplan@personaltraininginstitute.com by jpuglin@personaltraininginstitute.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

