

Count Phone Numbers, Not Calories!



 *This post is sponsored by The Fresh Diet.*

By Daniela Agurcia

Instead of wasting your time cooking and working to manage your weight, let The Fresh Diet take care of your culinary needs while you manage your social calendar. The Fresh Diet can help you lose weight by offering fresh, healthy, calorie-controlled meals delivered daily straight to your door.

The Fresh Diet is the perfect way for you to slim down while giving you some free time to go on that date you've kept putting off or that girls night out you've been meaning to have with your BFFS.

Tons of celebrities such as Jennifer Aniston and Sandra Bullock have subscribed to The Fresh Diet and have loved it. Look as good as some of our A-listers celebs, and lose 10 pounds this month with The Fresh Diet itself. Let The Fresh Diet do all the work, while you go out and meet new people.



Exclusive Discount: Receive 3 days free with the purchase of a 31 day plan at \$29.99 per day. The promo code is: singlmar29. Visit www.TheFreshDiet.com for more information.

Dieting Like a Celebrity Is Easier than You Think



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Dieting like a celebrity isn't so difficult when you have the gourmet service of The Fresh Diet on your side. Here at CupidsPulse.com we had the pleasure of experiencing a one week trial of their service last week. In case you aren't familiar with the product, the Fresh Diet is America's freshest daily diet delivery service and the best news is that it brings an extremely convenient experience to your doorstep every single day. For singles, this is the ultimate in eating because the food is freshly prepared and there is no clean up!

We decided to put Fresh Diets to the test by having both a male and a female perspective on their food and service. So with that we ordered double amount of the calories and divided up the list of food choices to please both palates.



Food Selection:

She said: The first thing you do is register online and chose the meals you want to eat. In addition to breakfast, lunch and dinner, we also got to enjoy two snacks each day. Given that I work online, choosing foods this way was extremely

convenient. I felt like I was shopping for meals! It was so easy.

He said: This was easy. In less than 15 minutes we went online and chose the foods we wanted to eat. The selection was great. There is an option for every taste and desire. I'm a big seafood lover and they had a variety of fish—from grouper, to salmon and swordfish. There was a wide variety of options.

Delivery:

She said: I loved getting up each morning, opening the door and seeing my cooler bag of fresh food sitting there waiting to greet me. It was like waking up to a new gift every day. And, the delivery service in our area was always on schedule. Actually, one day they left it the evening before. I don't know if that's a bad or good thing but I was just happy to have it. I would never go hungry with this service.

He said: I don't cook (except for barbecuing) so this was great. The food was always packed up securely and kept fresh.

Quantity:

She said: For me, the quantity of food was incredible. I think it's because we ordered enough so that we could both share the experience of having a male and female point of view. When I ordered at first, it didn't seem like that much food but as the week went on, I learned how to order more strategically so that I was sure to be satisfied.

He said: I love to eat so if she hadn't had half of the food to try it probably may have been enough.



Taste:

She said: YUM!

He said: Great quality.

We are so sad the trial is over. It was so fun to wake up every morning, open the door and not need to think about what to cook, prepare or shop for each day.

If you want to experience The Fresh Diet, now is the perfect time.

Buy One Week, Get Your Next Week 50% off.

This is an incredible deal that is definitely too good to pass up. All you have to do is go to [The Fresh Diet](#) and type in "singles" as the special discount code when you're ready to check out. Don't miss out on this fabulous opportunity to diet like a celebrity and who knows ... maybe you'll end up looking like one too!

Stop Counting, Start Eating: Feel Fresh for Fall



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If you've ever found yourself uttering in frustration about your favorite actress and how she recently lost so much weight while you've been trying for three months to lose 10lbs, you're definitely not alone. Many people struggle with dieting on a daily basis and unlike the Hollywood megastars whose svelte bodies grace the cover of celebrity magazines and seem to have no problem finding someone to go to dinner with on Saturday night, most single women don't have the luxury of having chefs preparing our food at each meal. Yes, it can all be very frustrating to us regular folks who are stuck counting calories while we're getting ready for a date, commuting to

work or trying to fit in our thrice-weekly gym session.



That's why we jumped at the opportunity to test out a one week trial of The Fresh Diet plan and let our visitors know if it was possible to actually diet like a rock star, without actually being one. The Fresh Diet allows you to eat healthy while having delicious gourmet meals delivered to your doorstep. All you do is choose the plan that is best suited for you and select your meals with the online planner.

There's no shopping, preparing, measuring, cooking or cleaning needed. When you're eating for one, you need something that's simple and convenient. Plus, there are over 400 different options to pick from so your palette will never get bored. With The Fresh Diet, you can be served and treated just like your favorite celebrity without all the counting and calculating.



Looking for a fresh start this fall?

Now you can try it out too! Buy One Week, Get Your Next Week 50% off.

This is an incredible deal that is definitely too good to pass up. All you have to do is go to [The Fresh Diet](#) and type in "singles" as the special discount code when you're ready to check out. Don't miss out on this fabulous opportunity to diet like a celebrity and who knows ... maybe you'll end up

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