Eating Healthy
in a Time-Starved World
Turbo Meal, High Protein Meal Replacement

Achieving a work–life balance, which is a luxury for tens of millions of working adults, has been overtaken by an even greater demand: a work-life–nutrition balance. The result of this dilemma has been an additional layer of stress.

Once the link between time mismanagement and stress is made, a range of adverse health and nutrition consequences often result.

Stress can, and often does, lead to unhealthy eating, which in turn, leads to even more stress because the body is not receiving the essential micronutrients and vitamins that it requires. Poor eating is also associated with undesirable weight gain. The psychological stress due to body image problems/weight gain often leads to emotional eating. It is estimated that 75% of all overeating is the result of emotional eating. This, in turn, leads to yet more nutritional deficiency.

One of the root causes of this problem is lack of time. Therefore, a quick, healthy meal is the solution.

A new product has risen to this challenge—a product that has been inspired by actual nutritional scientists addressing this issue—it's called Turbo Meal. It's certified kosher and non-dairy

Turbo Meal, meal replacement, is a 2.5 oz drink shot and it's great for anyone looking for a nutritional meal on the go!

It's the only meal replacement in ready to drink shot form! It's convenient, portable, and has great nutritional content that fits into any dietary regimen.

Turbo Meal can be used as a meal replacement or it can be used to take the edge off hunger between meals.

Its low-glycemic formula delivers 20 grams of protein, two full servings of fruits and vegetables (40% of the daily requirement), 10 grams of dietary fiber (40% of the recommended daily allowance), 6 grams of essential fatty acids (Omega-3 and Omega-6), and a complete spectrum of 27 vitamins and minerals.

If you would like to learn more about Turbo Meal visit: NuvoSport.com. Turbo Meal is coming soon to kosher stores near you.❑