

...Fuel your temple

February 18th 2015

5:30 pm-7:30 pm



Who: Infiltrate members and Artie's Paleo OnTheGo

What: "Meat and Greet" sampling menu from APOTG. Please join us for a taste test so you can see what all the buzz is about! Artie and his crew will be onsite with some free samples to try so you can see what we do. There will also be \$10 meals that you can purchase to take home that evening as well. The APOTG crew will be there to answer any questions that you have about our meal service. We want to share with you how the Infiltrate family can benefit from our unique OnTheGo service!

When/Where: CrossFit Infiltrate Wed Feb. 18th from 5:30 pm-7:30 pm

Why: We want to introduce you to Indy's premier Paleo meal service.

What is Artie's Paleo OnTheGo?

Artie's Paleo OnTheGo is a service that is being provided in the Indianapolis area for people who desire to fuel their temple. We believe that the key to eating healthy is just as much about application as it is knowledge. We will be bringing in different selections of food that are Paleo friendly to different locations around the city. Our goal is to provide a healthy meal at a reasonable price to the community. The truth is that while Paleo is mainly seen in the CrossFit family it would be beneficial to anyone trying to better their quality of life. If you are like us (We're guessing that you are) then we bet that most of your decisions on food intake are based on accessibility. Why do we pull through the drive through windows of countless fast food places day after day? Because it's "fast" and "easy"...right? The goal isn't for you to just buy our food. It is to help you see that you have the power to choose to fight the "norm" that society tells us is acceptable.

