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ASK HUNGRY GIRL



Dear Hungry Girl,

Lately I've been getting very tired in the middle of the afternoon. I drink coffee sometimes but it doesn't really energize me. It often even makes me more tired. And I would rather avoid those crazy Red Bull type of energy drinks. Have any ideas for me?

So Tired

Dear Tired,



I actually have similar issues with mid-afternoon tiredness. Luckily, I recently discovered the absolute greatest beverage on the planet. It's an antioxidant energy drink called FRS Plus (the low calorie kind), and it seriously ROCKS. About a month or so ago, the FRS people called me to see if I would be interested in trying their product. I looked it up and was a little bit put off by its medicinal look and feel, weird name, and not-so-attractive packaging (sorry, FRS). Honestly, it looks a lot like some sort of scary gym beverage. But I decided to give it a try anyway, and I've been hooked ever since. FRS is basically a healthy (and delicious) drink that's packed with vitamins and antioxidants and gives you tons of energy. I drink FRS (which incidentally

was developed by one of the co-founders of the Balance Bar) when I wake up (I've even ditched my fancy morning iced coffee drinks!), and also in the middle of the afternoon. The difference it has made for me personally is INSANE. I don't typically write about products like this, but I've really fallen for this one BIGTIME. And even though it's packed with vitamins and antioxidants, I'm actually way more impressed with the fact that after drinking it, I have so much more energy, am way more mentally alert, and feel GREAT! I use the concentrated kind (in low cal orange...YUM!), and add 6 -7 oz. of water, 1 packet of Splenda, and a lot of crushed ice to 2 oz. of it. It makes a refreshing, awesome, 30-calorie drink. I know I'm starting to sound like an infomercial, but I can't help the way I feel about this stuff. BTW, in an effort to make sure everyone in the free world tries FRS, the fine FRS folks are [giving away free 7-day supplies of it](#) (if you pay for shipping-- which is just a few dollars). I HIGHLY recommend you try it (I don't often steer you wrong, do I? Just remember to choose the low calorie kind). I also want to clarify that I am NOT being paid to write this, I'm not related to anyone who works for FRS, and I don't know anyone at the company personally. If you do try this stuff, email me and let me know what you think.