



## What's all this talk about Sprouted Grain?

AC LaRocco has bridged the generational gap by creating a pizza made with an Organic Ultra Thin Sprouted Grain Crust. Equally as nutritious as its traditional pizzas, our line of three varieties uses no yeast and no baking powder in its crust. The flavorful sprouted grains provide ultimate nutrition and taste that when blended with the exquisite toppings of the three new varieties, produces outstanding pizzas that will please every palate.

During the plants sprouting stage, nutrients are broken down and simplified; proteins are naturally processed into amino acids, fats into essential fatty acids, starches to sugars and minerals chelate or are combined with protein in a way that increases their absorption efficiencies. These processes all increase nutrition and improve digestion and assimilation.

What this means to the consumer is a protein quality so high that it is 84.3% as efficient as the highest recognized source of protein containing all 9 essential amino acids. It also means fewer calories, cholesterol and saturated fat than AC LaRocco's already healthy regular line of pizzas and also a larger portion. The serving size of the Ultra Thin pizza is  $\frac{1}{2}$  of a 9 inch pizza. With the calories at a mere 170, an entire pizza is equivalent to or less than a single slice of many pizzas.

The flavors of these pizzas are as exciting as the crust. The Bruschetta Style features tomatoes, garlic, mozzarella, parmesan & feta cheeses sprinkled with basil. Old World Veggie is topped with tomatoes, spinach, mozzarella, parmesan, feta, fresh garlic basil &

August 2010

**Join the Movement**  
Be a part of the  
"Healthy Pizza Revolution"™



[healthypizzarevolution.com](http://healthypizzarevolution.com)

### Featured Articles

**Mmmmmm Snacks!**  
Summer can be a busy time of year and with the road trips, the picnics and the hanging out we tend to snack a little more than normal. The problem we face is snacking on things that aren't that great for us, but have no fear I have found some Yummy ones that wont pop the button off your pants!

herbs.

AC LaRocco stepped out of the vegetarian box and created a Garlic Chicken Parmesan pizza with a white garlic sauce, mozzarella & parmesan cheese, red onions & bell peppers as well as the fresh garlic & basil.

The Ultra Thin Sprouted Grain pizzas add three top quality products to the line of 5 varieties which are on a thin whole grain and high fiber crust. Our reputation for manufacturing all natural, whole grain, heart healthy pizzas since 1996 has won us various awards for quality. AC LaRocco has also won rave reviews from their fans, many of whom are watching their weight or have health issues such as Diabetes or Heart Disease and have had to give up on traditional pizzas because of the high fat, sodium and calorie content. This generation of pizzas will offer even more variety by offering this versatile crust profile.

## CHEERS Kroger!!!

We here at AC LaRocco Pizza want to give a big SHOUT OUT to all of the Kroger/Fred Meyer stores that carry our pizzas!!! From the North to the South, the East and the West you can find a Kroger or Fred Meyer in your area ... if you don't believe us, check out our store locator at [www.aclarocco.com](http://www.aclarocco.com) and find a store near YOU!

AC LaRocco Pizza  's



Wings of Nature offers a variety of delicious healthy snack bars.



All of the bars are gluten free and contain no refined sugar. For more information and how to get the Wings of Nature Bars visit their website

[freshharvestproducts.com](http://freshharvestproducts.com)



Guiltless Gourmet offers a variety of all natural Chips.



All of their chips are baked, have under 125 calories.

Learn more at

[www.guiltlessgourmet.com](http://www.guiltlessgourmet.com)

[dietfacts.com](http://dietfacts.com)

## Do YOU want a FREE AC LaRocco Pizza Party???

Help US, help YOU get one! If you are still having a hard time finding our pizzas in your favorite stores let us know and we can work together in getting them in! When the mission is accomplished we'll send you everything you need for an AC LaRocco Pizza Party ... including the PIZZAS!!!

**SO KEEP YOUR EYE ON THE PRIZE ...  
FREE PIZZAS!!!**

[www.healthypizzatakeover.com](http://www.healthypizzatakeover.com)

**The POINT is ...  
you don't have to give up PIZZA!!!**

**All of AC LaRocco's pizzas are Weight Watchers  
Friendly!**



**High Protein Sprouted Grain Crust**  
4-5 points per 1/2 pizza  
(as calculated by AC LaRocco)

Check [dietfacts.com](http://dietfacts.com) they have every nutritional fact under the sun. From restaurants to brands.

### Upcoming News

"Missionary Discovers the Necessity of Eating Right" An AC LaRocco fan shares her story with us, Alice Sneed is 77 and at the age of 59 decided to become a missionary, her story will blow you away.

**Inulin Who? Don't worry we'll introduce you!**

Meet Dr. Tom! Here's a guy you should be dying to hear about. He's a one of a kind Healthy Pizza Junkie who just happens to be an expert in clinical metabolic nutrition and weight loss management.

### Upcoming Events

Want to TRY it, before you BUY it? We'll let you know where we are going to be next!

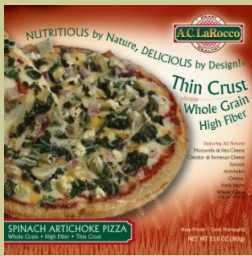
**Listen up Florida ...  
AC LaRocco is in the  
Sunshine state!**

There will be a DEMO at

**NUTRITION SMART  
MIAMI LAKES, FL  
16250 NW 57th Ave.**

**AUGUST 7  
11am-4pm**

**Come celebrate the Grand  
Opening of  
Nutrition Smart**



Whole Wheat and Honey Crust  
 4-5 points for 1/3 pizza  
 (as calculated by AC LaRocco)



"Savvy Food companies know they need to boost the thrill factor when it comes to the number one take-out food: pizza...our pick is AC LaRocco Pizza" - Weight Watchers Magazine "Top Pick"



"One of the BEST kept secrets in the guilt free world" - Hungry Girl

Have you told YOUR FRIENDS about AC LaRocco? Well what are you waiting for?

Check out our store locator at [www.aclarocco.com](http://www.aclarocco.com) to find a store near you that carries our pizzas and if you know of a store that has them and you don't see it on

with a taste of  
 AC LaRocco Pizza!

WASHINGTON ... do you want to taste the goodness?

There will be a DEMO at  
 WHOLE FOODS

August 8 11am-3pm  
 Mill Plain Whole Foods  
 Vancouver, WA

Hey Oregon ...  
 How's some  
 AC LaRocco Pizza  
 sound?

There will be DEMO'S at  
 WHOLE FOODS

August 14 11am-3pm  
 Hollywood Whole Foods  
 Portland, OR

August 15 3pm-7pm  
 Bridgeport Whole Foods  
 Tigard, OR

August 26 4pm-8pm  
 Pearl District Whole Food  
 Portland, OR

August 28 11am-3pm  
 Tanasbourne Whole Foods  
 Hillsboro, OR



"My family and I are addicted to your fresh,

**our list let us know so we can update it!**

**We want to hear from YOU! Shoot us an email ...**

How do you eat your Healthy Pizza?

What do you want to know about us?

Do you have a weight loss success story that AC LaRocco Pizza had a hand in?

Send us pictures of YOUR "Healthy Pizza Takeover" and we'll post them on our website.

#### **FOLLOW US**

[Facebook](#), [Twitter](#), [Myspace](#), [You Tube](#)



**You Tube**

#### **CHECK OUT OUR WEBSITE**

[www.aclarocco.com](http://www.aclarocco.com)

#### **JOIN THE REVOLUTION, BE A PART OF OUR BLOG**

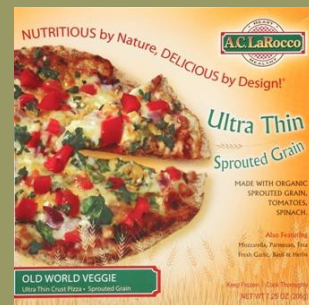
[www.healthypizzarevolution.com](http://www.healthypizzarevolution.com)

#### **CALL TO ACTION, TAKEOVER TEAM ASSEMBLE!**

[www.healthypizzatakeover.com](http://www.healthypizzatakeover.com)

**COUPONS!  
COUPONS!  
COUPONS!**

healthy and great-tasting pizza. Summertime for us is on the go, and we like to eat healthfully while we are dashing out the door. Thanks for a great product! We've told all our friends about you!" -Susan



COUPONS!  
COUPONS!  
COUPONS!



WOULD YOU LIKE TO GET SOME COUPONS FOR AC LAROCCO PIZZA??? GIVE US A CALL, OR SEND US AN EMAIL AT [CUSTOMERSERVICE@ACLAROCCO.COM](mailto:CUSTOMERSERVICE@ACLAROCCO.COM) AND WE WILL GET SOME OUT TO YOU!.

[Forward email](#)

 [SafeUnsubscribe®](#)

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