



*Happy Holidays!
God Bless Us Everyone*

How do WE Compare???



Here is how AC LaRocco Pizza compares to other All Natural pizza brands on the market.

<u>Nutritional Facts</u>	Ac LaRocco	Amy's	Kashi
Calories	128	255.98	263.4
Calories from Fat	40	90.83	45.4
Fat	4g	9.9g	8.1g
Cholesterol	12 mg	12.3mg	18.1mg
Sodium	235mg	487mg	581.3mg
Carbohydrates	15g	31.4g	33.6g
Fiber	8g	1.7g	4.5g
Sugar	honey 1.5g	3.3g	2.7g
Protein	11g	9.9g	13.6

As you can see there really is no comparison!!! AC LaRocco blows it's competition out of the water!

*Nutrition Comparisons are based off of a 109g serving of AC LaRocco's "Spinach and Artichoke" pizza, Amy's "Spinach" pizza and Kashi's "Mediterranean" pizza.

What about BOB???

December 2010

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



healthypizzarevolution.com

Featured Articles

Agave Inulin...what it's all about and how we use it?

AC LaRocco is proud to offer such tasty pizzas with such high nutritional value.

One way we are able to make our pizzas so healthy is with the use of Inulin, a rich source of fiber. You can get this rich source of inulin fiber from the blue agave plant.

AC LaRocco's weight loss hero Bob Dovner has rode the weight rollercoaster for many years and like all of us he has had his ups and downs. 6 years ago after searching high and low for a pizza with all the goods but not the guilt Bob came across AC LaRocco pizza! He now credits AC LaRocco Pizza for helping him lose weight. We are in constant contact with Bob and so we thought we'd check in with him and see how he was doing! Here's what he had to say!!!

Eating AC LaRocco's Pizza Has Helped Me Lose Over 137 Pounds.

Name: Bob Dovner

Age: 64

Weight: 228 as of 11/30/2010

Cholesterol: 156 as 11/30/2010 -was 220

Blood pressure: 118/61 was 162/120

My name is Bob Dovner. I am a 64 year old baby boomer and have fought obesity since a child. Most often I have been on the losing side of this battle. Miraculously, I have not suffered from any major health problems; blessed with good genes, and a lot of luck, I guess.

For about 16 years, (1987-2003), I had inconsistently (with mixed results), been on a high carb, low fat, low protein diet. On two occasions, I even went to a famous California longevity center. The diet was good while at their facility, but almost impossible to follow in everyday lifestyles.

Needless to say, in the summer of 2003, I found myself at my heaviest, 365 pounds. I woke up one day and knew I had to try something different.

I believe the definition of insanity in one's life is to keep doing the same things over and over, and expect different results. I visited my doctor and found out for the first time that my blood pressure and total cholesterol levels were both elevated. I also found out that my doctor had gone on a successful "low carb" lifestyle. (He had lost about 40 pounds).

I immediately read two books on the most popular low carb programs. I chose to pursue a low carb, low



To learn more about the benefits of Agave check out this article.

www.nutraingredients.com

Health starts where?

Whole Foods has an in-store program called "Health Starts Here".

Through out the store products are labeled accordingly if they fit the criteria of the program and the ANDI scale.

Click [here](#) to learn more about the program.

We want to show you how AC LaRocco fits into and meets the requirements of the "Health Starts Here" program.

PLANT STRONG: AC LaRocco Pizzas are Rich in nutrients.

Our toppings are Fresh Flash Frozen All Natural Vegetables which include: Spinach, Broccoli, Artichokes, Garlic, Tomatoes, Onions, and Green and Red Peppers.

WHOLE FOOD: AC LaRocco Pizzas are Rich in Organic Sprouted Grain and Organic Whole Grain. All of AC LaRocco Pizzas are sugar free, minimally processed, with no artificial flavors, colors, preservatives, sweeteners or hydrogenated/partially hydrogenated fats.

HEALTHY FATS: AC LaRocco Pizzas have Less than 30% calories derived from Fat and are significantly lighter in saturated fats and sodium than any other pizza on the market, thanks to being topped with Skim Milk Cheese.

glycemic, low fat, high fiber, high lean protein plan.

I have stayed on this plan probably 90% of the time. I have not had the urge to cheat very often. I truly enjoy the foods I now eat more than any I previously ate. My present weight is 228 pounds, (a loss of 137 pounds). I am still 33 pounds away from my goal weight of 195 pounds. I have gone from a size 56 pants to size 42. I have gone from a 3XL shirt to a size Large.

To be honest, I actually had gained back 28 pounds from my lowest weight of 218. This gain, I believe was the result of my metabolism slowing with age, staying on my plan only 90% of the time, and skipping weight training exercises.

Since October 4th of this year, I have gone 100% on my low carb, low glycemic, high fiber, low fat, lean protein program. I am exercising between two to three hours each day and have taken off 18 pounds during this time. This is more exercise than I have done in my entire life!

Now I have the confidence, that in the first half of 2011, I will reach my goal of weighing less than 200 pounds. A weight I have not been at since I was 23 years old.

There are certain things that are more difficult than others to adjust to in such a dramatic change in one's lifestyle. At work, the office has always and still does, send out for pizza. I used to stop whatever I was doing to be first in line for this event, and usually the last one to finish. As you can imagine, I had more than my share! But I am proud to announce that I haven't had one slice of the office takeout variety, since July 2003.

A little over 6 years ago, after extensive research, I came across AC LaRocco's low carb, low fat, vegetarian, all organic pizza. My dream has come true! I could have my pizza treat once a week and still be eating along the guidelines of my new lifestyle.

I contacted Karen Leffler, at AC LaRocco, and she located the closest store for me to purchase the dream pizza. I really find that by having this great tasting pizza to look forward to and enjoy, it has been easier to stay on my program. I like the Ultra Thin Crust Bruschetta and Old World Veggie the best.

Occasionally, I will add mushrooms, chicken sausages, or turkey pepperoni. I am getting hungry just thinking

NUTRIENT DENSE: AC LaRocco Pizza Toppings contain phytonutrients, and antioxidants. Our pizzas are high in Nutrition Density, yet moderate in caloric density which is a great combo.

Use your noggin people!

Eggnog can be a serious source of excessive calories during the holidays. Just one cup of it -- without any alcohol -- has around 425 calories and 20g fat. There are some "lite" eggnogs out there, but be careful -- many of them still pack in 300+ calories per cup. That sounds like a big cuppa "no thanks" to me! And here's a little heads-up for you about Starbucks' Eggnog Latte: Even if you order a 12-oz. version (a.k.a. Tall) made with nonfat milk and no whipped cream, it's still going to clock in at 350 calories and 15g fat! Okay, now that we've got the scary stats out of the way, Hungry-Girl has a slew of delicious, guilt-free ways for you to get your nog fix...

hungry-girl.com

'Tis the season for Pizza!

Looking for a great stocking stuffer? How about coupons for AC LaRocco Pizza!! If you want them we've got them and would love to send you some.

During the month of December we have

about this great pizza. Luckily, it's on tonight's menu.

Besides meeting my nutritional requirements, this is the best tasting pizza I've ever eaten. There is just the right amount of rich tasty sauce, and generous portions of cheese and other delicious ingredients. The crust is just fantastic, thin yet filling, just crispy enough and great flavor. Even the next day leftovers, (I enjoy eating them cold for breakfast or mid day snack), are never soggy.

I have researched many products and tried a lot out. No prepared low carb, high fiber, high protein, product is as good AC LaRocco Pizza. This product truly is the cornerstone of my weight loss success. I highly recommend AC LaRocco Pizza to anyone, whether they fighting the battle of the bulge or not.

Sincerely yours,

Bob Dovner

What a cool guy! To read Bob's original story and to see his before and after picture click [HERE!](#)

Why was Santa's little helper depressed?

Because he had low elf esteem.



Why is Christmas just like a day at the office?

You do all the work and the fat guy with the suit

**SPECIALS running at
Henry's**

**Keep checking your local
Ralphs store, they are
stocking our pizzas as we
speak!!!**

**TEXAS, Santa has us
in his goodie bag for
YOU!!!**



**Discover
Natural Foods**

**Discover Natural
Foods**

**1706 West Avenue M
Temple, TX**



**Rita's Natural Food
Market**

**111 IH-35 South #B
New Braunfels, TX**

Upcoming News

**Looking for a good New
Years Resolution? Me too!**

**It's a New Year, that
means it's time for a new
diet plan.**

**How can AC LaRocco fit
into your New Year?**

**We'll give you a sneak
peak at a new store we are
in ... San Luis Obispo**

**Knock Knock
Who's there?
Mary!**

gets all the credit.

Recipes and Centerpieces!!!

The holidays are upon us and nothing is easier than throwing an AC LaRocco Pizza in the oven for a quick, delicious, nutritious and good looking Hor d'oeuvre!



The Possibilities are ENDLESS and DELICIOUS!
Toppings to add to AC LaRocco Pizzas:

Tomato and Feta Pizza:
Pepper Bacon

Cheese and Garlic Pizza:
Shrimp
Salmon
Prosciutto

Directions:
Before you bake your pizza add additional toppings.
Bake pizza as instructed on box and Enjoy!

See I told you they were easy!!! With all of the holiday parties coming up there isn't an easier or healthier option that serving an AC LaRocco Pizza as an appetizer. And if you are looking for an edible centerpiece have I got a trick for you! Cook up an AC LaRocco Pizza of your choice, cut into slices and arrange them around a bottle of wine on a platter or a beautiful floral arrangement

Bon Appetite!!!

Mary who?
Mary Christmas!

Upcoming Events

Prescott Wisconsin,
are you looking for a
festive Holiday
Open House?
There is a new store
coming to your area,
Sam's Gourmet Hut

Open House
December 10th, 2010
6pm-10pm
720 St Croix St
Suite B



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

**If you don't have
something nice to
say, don't say
anything at all, words
of wisdom from my
Mom!**

**Here are some NICE
things people are saying
about AC LaRocco Pizza**

We just tried your pizza for the first time and loved it. I always bought Amy's Whole Wheat Pizza, but I can't find it anymore. So I bought your whole grain Greek Sesame Pizza. It was wonderful and the house smelled like I was cooking all day! Can't wait to try all your other toppings.

**I'll never go back to
Amy's.** My husband is a diabetic and we are always

**Thank You Calabasas for making the Grand Opening of Maddy's Market a success!!!
Here's one of our favorite California Girls, Susan, servin' up some AC LaRocco Pizza at the big party!**



**Our future is so bright in Cali,
we have to wear shades!!!**

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!!!

looking for healthy foods. I know my grand kids will also love this pizza.

-Vivian, VA



To read more about what people are saying about AC LaRocco Pizza visit the testimonial section of our web site.

www.aclarocco.com

And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons.

It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more.

- Dr. Seuss

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

www.healthypizzatakeover.com



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.

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

FOLLOW US

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



CHECK OUT OUR WEBSITE

www.aclarocco.com

JOIN THE REVOLUTION, BE A PART OF OUR BLOG

www.healthypizzarevolution.com

CALL TO ACTION, TAKEOVER TEAM ASSEMBLE!

www.healthypizzatakeover.com

All of us here at AC LaRocco Pizza want to say Merry Christmas and Happy New Year!

Thank you to ALL of our Healthy Pizza Junkies for giving us a fabulous year. Because of YOU we have gone into tons of new stores just in the last 6 months, it's a win, win for all of us! You get to eat our yummy and nutritious pizzas and we get the joy of hearing your weight loss and healthy living success stories!

COUPONS!

COUPONS!
COUPONS!
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 AND WE WILL GET SOME OUT TO YOU!.