

Navy Seal or Housewife & Mother...

# HIGH ORAC GRAIN BERRY® BREAKFASTS

## Take This 3-Day Energy Test!

Grain Berry Bran Flakes, Toasted Oats (Regular, Apple-Cinnamon or Honey Nut), Pancake Mix, Muffin Mix & Snack Crackers contain more antioxidants than most fruits, vegetables and other grains. More than blueberries.

### ORAC VALUES\*

Natural berries of grain™ bran



36,000 units per 100g

Blueberries



6,552 units per 100g

Pomegranate juice



2,341 units per 100g

\*Based on USDA 2007 ORAC Report and our lab analyses. ORAC means Oxygen Radical Absorbance Capacity, a measure of antioxidant potential.

### DAY 1

Juice or Fruit (blueberries or strawberries ideal).  
New GRAIN BERRY Bran Flakes in milk.  
Great to include berries in the bowl.  
Optional - 1 slice whole wheat toast with non-hydrogenated spread. Coffee, Tea or Milk.  
(option: combine coffee with cocoa for added antioxidants)



### DAY 2

Juice or Fruit (blueberries or strawberries ideal).  
New GRAIN BERRY Toasted Oats in milk.  
Options: Regular Grain Berry Toasted Oats, Apple Cinnamon or Honey Nut - all with reduced sugar. Great to include berries in the bowl. Optional - 1 slice whole wheat toast with non-hydrogenated spread. Coffee, Tea or Milk.  
(option: combine coffee with cocoa for added antioxidants)



### DAY 3

Juice or Fruit (blueberries or strawberries ideal).  
New GRAIN BERRY Pancake & Waffle Mix  
Coffee, Tea or Milk.  
(option: combine coffee with cocoa for added antioxidants)



Visit us at [www.silverpalate.com](http://www.silverpalate.com) or follow us on:



© 2011 Silver Palate Kitchens, Inc. All rights reserved.



## FREE ANY NEW GRAIN BERRY® CEREAL OR MIX BY MAIL.

Send three UPCs from any Grain Berry products and get one box free (indicate choice below).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

e-mail \_\_\_\_\_

Store Purchased \_\_\_\_\_

Product Requested \_\_\_\_\_

No Cash value. One coupon per household. Mail to: 211 Knickerbocker Road, Cresskill, NJ 07626.

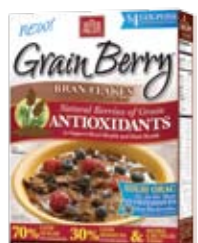
MANUFACTURER'S COUPON EXPIRES JULY 31, 2011

## SAVE \$2.00

### ANY NEW GRAIN BERRY® CEREAL.

Retailer: Silver Palate Kitchens, Inc. will redeem this coupon for face value plus .08¢ handling provided coupon is redeemed in accordance with our offer. Customer pays any sales tax. Void if reproduced or where prohibited by law. Invoices proving purchase of sufficient stock to cover redemptions must be shown on request.

Cash value 1/100¢. One coupon per item purchased. Send to: 211 Knickerbocker Road, Cresskill, NJ 07626.



VOID

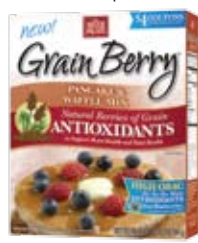
MANUFACTURER'S COUPON EXPIRES JULY 31, 2011

## SAVE \$2.00

### ANY NEW GRAIN BERRY® PANCAKE OR MUFFIN MIX.

Retailer: Silver Palate Kitchens, Inc. will redeem this coupon for face value plus .08¢ handling provided coupon is redeemed in accordance with our offer. Customer pays any sales tax. Void if reproduced or where prohibited by law. Invoices proving purchase of sufficient stock to cover redemptions must be shown on request.

Cash value 1/100¢. One coupon per item purchased. Send to: 211 Knickerbocker Road, Cresskill, NJ 07626.



VOID

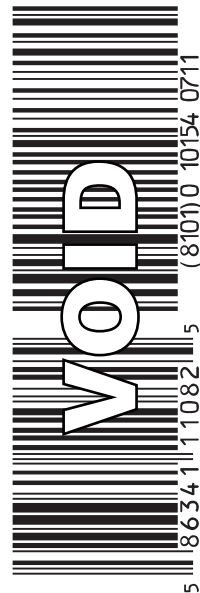
MANUFACTURER'S COUPON EXPIRES JULY 31, 2011

## SAVE \$2.00

### ANY NEW GRAIN BERRY® SNACK CRACKER.

Retailer: Silver Palate Kitchens, Inc. will redeem this coupon for face value plus .08¢ handling provided coupon is redeemed in accordance with our offer. Customer pays any sales tax. Void if reproduced or where prohibited by law. Invoices proving purchase of sufficient stock to cover redemptions must be shown on request.

Cash value 1/100¢. One coupon per item purchased. Send to: 211 Knickerbocker Road, Cresskill, NJ 07626.



VOID