

Local Bounty COUPON TIN 2026

brought to you by



JOIN PRESCOTT'S HEALTH REVOLUTION!

Build stronger community ties and champion healthy living – Join our thriving network of health focused dining spots to make your venue a go-to spot for nutritious, delicious eats!



ABOUT HI ENERGY



“Our hope is to restore your health, revitalize your life, and keep you out of the doctor’s office!” Hi Energy’s coaching program is centered around preventative care and education. Our goal is to teach you to how to implement flexible dietary and lifestyle principles that allow you to not only reach your goals, but to maintain them in the long term.

With roots in a lifelong pursuit of health through nutrition, Hi Energy's journey began in earnest in 2019 with a personal quest for gut healing from SIBO – A bacterial imbalance in the small intestine. With years of self-experimentation & countless hours deep diving into scientific literature, Alex & Karli Klintworth, a husband & wife duo, are full time certified nutritionists and lifestyle coaches.

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GOALS FOR THE LOCAL BOUNTY PROJECT

#1

Make Dining Out A Healthy & Stress Free Experience

Sharing a meal is an important social activity, but it can be tricky to find a restaurant that uses high quality – ideally local – ingredients.

Interrogating servers to find an entree that suits patrons’ needs can be stressful & anxiety inducing.

#2

Increase Small Business Visibility

All too often local gems go undiscovered because they lie off the beaten path.

Our hope is that the Local Bounty project will encourage city exploration, especially to new businesses & under trafficked areas.

#3

Incentivize Healthy Habits & Strength Community Bonds

Local Bountay aims to provide health conscious consumers with restaurant options that support their personal health & social goals. Consumers are also eager to support restaurants seeking to offer health oriented options.

INGREDIENT GUIDELINES

This is not an exhaustive ingredient list – Please reach out to Karli at learn@hienergylife.com for guidance on determining ingredient eligibility, sourcing, and cooking methods.



ENERGIZING FATS

Animal Fats:

Butter, Ghee, Tallow, Duck Fat, Lard (high quality), Schmalz (high quality)

Plant Fats:

Virgin Coconut Oil, Extra Virgin Olive Oil (no heating), Virgin Avocado Oil (no heating), Cold Pressed Sesame Oil (minimal heating)

UNREFINED CARBS

“Slow Digesting Carbs” in moderation with lunch or dinner, not breakfast:

Legumes, Root Veggies, Squash, Sprouted Grains (Ezekiel Bread), Traditional sourdough bread, Wild Rice, Black Rice, Quinoa, Steel Cut Oats or Whole Groat

Raw Unfiltered Honey and fresh fruit:

OK in small portions with lunch or dinner

PLENTY OF PROTEIN

30g of animal based protein per meal:

Beef, Lamb, Elk, Deer, Bison, Goat, Pork (high quality), Eggs, Poultry, Fish, Seafood, Whole Milk, Greek Yogurt & Cottage Cheese

~~Protein Powder~~

Not a good source of protein – Highly refined & can cause insulin spikes



INFLAMMATORY FATS

Nonnegotiable – 100% avoid Seed Oils:

Corn, Canola, Cottonseed, Soybean, Sunflower, Safflower, Rice Bran, & Grapeseed

REFINED CARBS

Grains:

White & Brown Rice, Instant & Rolled Oats, Couscous, Flour (All-Purpose, Whole Wheat, Semolina, Rye, Barley, Spelt), GF Flour (Cassava, Rice, Potato Starch, Tapioca Starch, Cornmeal, Sorghum, Millet, Buckwheat, Amaranth, Teff)

Added/Refined Sugar:

Granulated, Cane, Powdered, Brown, Molasses, Dextrose, “Nectars”, “Syrups”

Fruit Juice & Puree:

Though not listed in the “added sugars” section on a label, we consider fruit puree to be refined

“ADDITIVES”

Emulsifiers:

Carrageenan, Polysorbate-[#], Lecithins (Soy, Rapeseed, Sunflower), Gums (Guar, Xanthan, Locust Bean/Carob, Gellan)

Natural & Artificial Flavors

Artificial Food Dyes: Color [#] or FD&C

PURCHASING & RESALE

Retail

\$12/TIN

The general public can purchase Local Bounty Tins online at www.hienergylife.com/localbounty for \$12 + shipping or purchase in-store from a participating wholesaler beginning 11/28/25.

Online preorders will be shipped starting 11/28/25 (Black Friday).

Wholesale

\$10/TIN

Businesses can purchase tins wholesale from Hi Energy (free delivery) for resale in storefronts.

Minimum order of 6 - Resale value is capped at \$16

Please [email learn@hienergylife.com](mailto:learn@hienergylife.com) no later than 10/1/25 to place a wholesale order. Wholesale orders will be delivered by 11/28/25 (Black Friday).



*This image is a proof of concept.
Packaging & coupon content are subject to change.*

WHAT WE NEED FROM YOU

#1

Make a Participation Decision - Application Closes 9/1/25

Discuss with your team if you'd like to participate. Please apply online at www.hienergylife.com/localbounty

You can modify any of your current dishes or create something entirely new - it's up to you! We're happy to provide guidance in selecting ingredients that fit Hi Energy's Local Bounty Ingredient Guidelines.

We encourage you to get creative with your offering(s). Some ideas:

- "Buy One Get One" coupon for Hi Energy Approved Dishes
- Special Hi Energy approved Meal combo. Ex: 12oz Coffee + Frittata for \$6
- "Local Bounty punch card" for Hi Energy approved menu items. Make the reward when they hit X amount of punches something juicy - like a free meal!

#2

Lock in Your Meal(s) and deal(s) by 10/1/25

E-mail Karli at learn@hienergylife.com with your meal(s) & deal(s) by 10/1/25.

Please include in your email:

- Your menu item(s) accompanied by full ingredient list(s)
- Your special offer/discount
- If applicable: Wholesale order amount

Wholesale orders will be delivered by 11/28/25 (Black Friday)