

Mail Stop 3561

March 24, 2008

Gary C. Lewis
Chief Executive Officer
Uplift Nutrition, Inc.
4423 South 1800 West
Roy, UT 84067

**Re: Uplift Nutrition, Inc.
Item 4.01 Form 8-K
Filed March 20, 2008
File No. 000-52890**

Dear Mr. Lewis:

We have reviewed your filing and have the following comments. Where indicated, we think you should revise your document in response to these comments. If you disagree, we will consider your explanation as to why our comment is inapplicable or a revision is unnecessary. Please be as detailed as necessary in your explanation. In some of our comments, we may ask you to provide us with more information so we may better understand your disclosure. After reviewing this information, we may raise additional comments.

Please understand that the purpose of our review process is to assist you in your compliance with the applicable disclosure requirements and to enhance the overall disclosure in your filing. We look forward to working with you in these respects. We welcome any questions you may have about our comments or any other aspect of our review. Feel free to call us at the telephone numbers listed at the end of this letter.

Form 8-K filed March 18, 2008

1. Please revise to clearly state whether the decision to change accountants was recommended or approved by the Board of Directors in accordance with Item 304(a)(1)(iii) of Regulation S-B.
2. We note that you disclose you had a disagreement with your former accountants. Please revise to clearly state whether the Board of Directors discussed the subject matter of the disagreement in accordance with Item 304(a)(1)(iv)(D) of Regulation S-B.

3. Please revise to clearly state if there have been any transactions during the later fiscal year similar to those involved with such disagreement in accordance with Item 304(3)(b)(2) of Regulation S-B.
4. Please file an updated letter from Michael J. Larsen, PC as an Exhibit 16 in accordance with Item 304(a)(3) of Regulation S-B. This letter should reflect his agreement or disagreement with any disclosures in your amended Form 8-K filing.

As appropriate, please amend your filing and respond to these comments within five business days or tell us when you will respond. You may wish to provide us with marked copies of the amendment to expedite our review. Please furnish a cover letter with your amendment that keys your responses to our comments and provides any requested information. Detailed cover letters greatly facilitate our review. Please understand that we may have additional comments after reviewing your amendment and responses to our comments.

We urge all persons who are responsible for the accuracy and adequacy of the disclosure in the filing to be certain that the filing includes all information required under the Securities Exchange Act of 1934 and that they have provided all information investors require for an informed investment decision. Since the company and its management are in possession of all facts relating to a company's disclosure, they are responsible for the accuracy and adequacy of the disclosures they have made.

In connection with responding to our comments, please provide, in writing, a statement from the company acknowledging that:

- the company is responsible for the adequacy and accuracy of the disclosure in the filing;
- staff comments or changes to disclosure in response to staff comments do not foreclose the Commission from taking any action with respect to the filing; and
- the company may not assert staff comments as a defense in any proceeding initiated by the Commission or any person under the federal securities laws of the United States.

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In addition, please be advised that the Division of Enforcement has access to all information you provide to the staff of the Division of Corporation Finance in our review of your filing or in response to our comments on your filing.

If you have any questions, please call me at (202) 551-3727.

Sincerely,

William J. Kearns
Staff Accountant