

WILDTREE FREEZER MEAL WORKSHOP'S

(Held in our Market Demo Kitchen)

Wildtree answers that everyday question, “What’s for Dinner?” Would you like to have 10 delicious meals in your freezer that are **READY TO PREPARE in less than 30 minutes??**

Our freezer meals save you **TIME & MONEY** and are absolutely delicious!!

Your family will think you’re a cooking goddess!!

SAVE THIS DATE:

REGISTER NOW for my next Workshop on
FRIDAY, January 30th at 1:00 pm and 6:00 pm (Deadline is January 20th)

HOST YOUR OWN WORKSHOP to get your bundle for **FREE** (Minimal 8 guests) or
Get \$3 OFF your bundle for each registered guest you bring with you

SPACE IS LIMITED Register for your spot **TODAY** by:

- 1) stopping at my booth (#40)
- 2) emailing me at Lori-Wildtree@Fit4Lifeusa.org or
- 3) call/text me at (586) 709-8089

What A Wildtree Freezer Meal Workshop Is All About...



HERE'S HOW IT WORKS:

1. You decide you want to fill your freezer with 10 meals **REGISTER BY: January 20th**
2. The order is placed **IN ADVANCE** so we have the products in time for the workshop
3. After the order is placed, I will email you a grocery list and a few prep instructions.
4. Then, you come to the workshop with your proteins prepped and ready to make 10 meals!

Your Wildtree bundle of products will be waiting for you on the date of the workshop. We will walk you through assembling all of them! How awesome is it to know that you are going to leave with 10 dinners ready to freeze and pull out on busy nights?! See your Wildtree Workshop choices and meals we will be making below. The meals serve 4-6 and come out to about \$4.56 per serving- that's less than fast food drive through! Think “Dream Dinners” concept, but at half the price.

This is what we will be making on January 30th: *(the choice is yours...do 1, 2 or all 3)*

<p><u>New Year, New You Workshop</u> 10 Meal \$79 <i>(Weight Watcher Points included)</i></p> <p>Fiesta Chicken & Black Beans Onion Turkey Burgers Onion & Pepper Steak Lemon Rosemary Shrimp Crockpot Garlic Chicken & Artichokes Asian Beef & Green Beans Greek Chicken Greek Meatloaf Asian Tuna Steaks Cajun Pork Tenderloin</p>	<p><u>Veggie Medley Workshop</u> 10 Meals \$79</p> <p>Quinoa Stuffed Peppers Quick & Easy Vegetable Soup Zesty Citrus Shrimp/Fish Lettuce Wraps Sautéed Veggie Quesadillas Cajun Shrimp/Mushroom & Red Pepper Fettuccine Asian Ginger Plum Stir-Fry w/ Cashews Vegetable Jambalaya Hearty Lentil Spaghetti Meat-less Loaf Quinoa and Veggie One-pot</p>	<p><u>One Stop Crock</u> 6 Meal -\$62 10 Meal \$79 <i>(Gluten Free Option Available)</i> 10 Meal-Gluten-free \$84</p> <p>Basic 6 Meal Option: Hawaiian Style Country Ribs Enchilada Pork Tacos with Marinated Onions Quick Crockpot Lasagna Ranch Chicken Chili Beef Enchilada Stew Buffalo Chicken Sliders</p> <p>Upgrade to 10 Meal Option: Apple Balsamic Pork Roast Honey Hoisin Chicken Wraps Ranch Roasted Turkey Breast Pollo Asada Rice Bowls</p>
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The concept is simple: You will come to the Demo Kitchen at the Flint Farmers Market for a very productive & fun evening/afternoon. We are going to prep 10 dinners in about an hour! Your Wildtree bundle of products will be waiting for you at the workshop, and we will walk you through assembling all of them! How awesome is it to know that you are going to leave with 10 dinners ready to freeze and pull out on busy nights! As things get generally crazy with life, I know you will be happy to have one less thing to plan for. Each meal bag feeds 4-6, easily. **If you have a smaller family, you can cut the protein portions in half and take home 20 meals instead of 10!**

Everyone supplies their own protein. There are two reasons we do not supply the protein for you. #1, sanitary reasons and #2, it's too hard to know what people want. Some want organic or grass fed; others buy in bulk to save money. **Protein can be interchangeable to what your family likes.** I will email you your prep and shopping list after we get you registered. **On average, your workshop meals cost approximately \$4.56 per person** *(which includes your Wildtree bundle, proteins, vegetable, starch and drink. This cost has been calculated after you prepare your meal)* **Compare that to a McDonald's meal at \$6.93 per person or a Subway meal at \$5.50 pr person.** The Difference??...with Wildtree, your feeding your family not only Certified Organic products but "All Natural" healthy, nutritious, delicious meals with no preservatives, additives, chemicals, food dyes, MSG or GMO's. Our products are also very low in sugar and salt!!!

We need to confirm that you ARE indeed participating. PLEASE call or email me ASAP to register. DEADLINE to register is January 20th!

Wildtree accepts all major credit cards. (American Express, Visa, Discover & M/C)
(If you need to drop off a check at our booth, no problem, just mention it when you call)

Contact Lori ~ Your Personal Wildtree Representative

Lori Fleischer – (586) 709-8089 Email: Lori-Wildtree@Fit4LifeUSA.org

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