

You're invited to participate in our

WILDTREE FREEZER MEAL WORKSHOP'S at the FLINT FARMERS MARKET

SAVE THESE DATES:

- ***Monday, October 6, 2014 at 6:00 pm (Register by *September 27th, 2014*)***
 - Wednesday, October 29th at 6:00 pm (*Register by October 14, 2014*)
 - Friday, November 14th at 6:00 pm (*Register by November 1, 2014*)
 - Monday, December 1st at 6:00 pm (*Register by November 15, 2014*)
- Other Workshop Menus to be announced soon....open for suggestions!*

GET \$3 OFF YOUR BUNDLE FOR EACH REGISTERED GUEST YOU BRING WITH YOU!!

SPACE IS LIMITED Register for your spot TODAY by emailing me at Lori-Wildtree@Fit4Lifeusa.org or call (586) 709-8089

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



HERE'S HOW IT WORKS:

1. You decide you want to do Oct 6th, make sure you ***REGISTER BY: September 27th**
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.

Here is what we will be making: *(the choice is yours...do 1 or do both)*

Comfort Foods – 6 Meal \$62 ~ 10 Meal \$79.00

(Gluten Free Option Available)

1. Honey Balsamic Chicken drumsticks
2. Italian "Medallions" (chicken tenders)
3. Italian Flank Steak
4. Hearty & Delicious Meatloaf
5. Adobo Grilled Chicken
6. Spanish Style Garlic Shrimp
7. **Slow Cooker Chipotle Lime Chicken**
8. **Chipotle Lime Fajitas**
9. **Best Burgers EVER**
10. **Smoked Mozzarella Chicken with pasta**

Crockpot Creations – 6 Meals \$62 ~ 10 Meal \$79.00

1. Crockpot Chicken Ponsole
2. Chicken & Tomato in Garlic Cream Sauce
3. Flank Fajitas
4. Mediterranean Chicken
5. Fajita Pulled Pork
6. Shredded Chicken Burritos
7. **Jamaican Skewers**
8. **Hearty Tortellini Lasagna**
9. **Chicken & Bell Pepper w/ Tortellini Fra Diavolo**
10. **Garlic Pepper & Parmesan Crusted Pork Chops**

The concept is simple: You will come to the Demo Kitchen at the New Flint Farmers Market for a very productive fun evening. 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 us ASAP to register. DEADLINE to register is September 27th!!

(If registration is late there will be an added \$37.50 charge for expediting your bundle! YIKES!)

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 Your Wildtree Representatives Today!!

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

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