

Delicious. Nutritious. Convenient. Economical.

Let's face it. You can cook the best meal in the world, but by the time you've grocery shopped, cooked, stored leftovers and cleaned up you may be too tired to appreciate it.

Supper Solutions to the rescue!
For an average price of about \$3 per serving.

Using our kitchens, assemble and package a variety of delicious meals. You will find an array of fresh fish, vegetables and fruits, pastas, breads, sauces ... and more. All meals include a nutritional breakout, and we offer new menus each month to satisfy a wide range of palates and dietary programs.

We look forward to seeing you in our kitchens!



"Our hectic two-income lifestyles don't allow much time for home-cooking. Colorado entrepreneur Leanne Deister saw a niche, and filled it with her 'make-and-take' food business Supper Solutions."

-KUSA Channel 9 News, Gregg Moss, Dec. 7, 2004



Colorado Springs Kitchen (Briargate)

3205 Hartsel Dr., Unit #100
NE corner of Woodmen and Lexington
Colorado Springs, CO 80920

719-266-5111

For the kitchen nearest you, visit
www.suppersolutionsinc.com



Drawing a blank for supper?

**Supper Solutions
to the rescue.**

Supper Solutions

FRANCHISE OFFICE **303-426-9300**
www.suppersolutionsinc.com

What's on your plate?

*Too much to do and
no time to make supper?*

Supper Solutions to the rescue

Enticing entrees that you (or we) prepare in our kitchens and package up, ready to take home and heat to eat.

*Now offering All Natural Meats
including Coleman Natural Beef®*



Supper Solutions

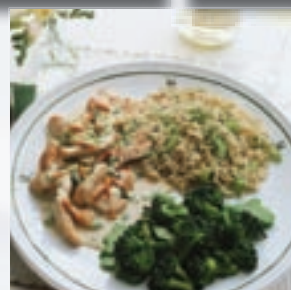
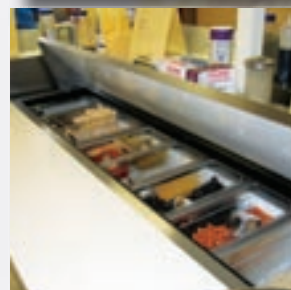
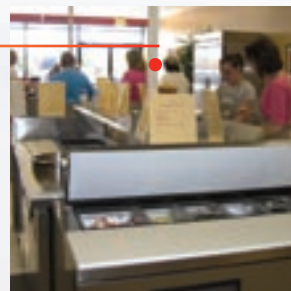
How it works.

Go to www.suppersolutionsinc.com or call us to register for one of 50-70 sessions offered monthly. You will then select 12 meals that fit your family's size from a menu of at least 14 entrees. You can come in and assemble all of your suppers (In Session) or sign up for Suppers To Go and simply swing by to pick them up.

For "In session" attendees:

1. Plan on two hours to prepare your meals. Bring a laundry basket or cooler to transport your meals home.
2. We will greet you with the list of supper choices that you have pre-selected online. Claim a shelf for personal items and assembled meals.
3. Prepare meals at a "Preparation Station," equipped with required recipes, ingredients, utensils and food storage containers.
4. BEGIN! Use more or less of any ingredient you do or don't like. Only our meats are portion-controlled. Make yourself at home in our kitchen! Assistance is always available and we do all the cleanup!
5. Take prepared suppers to the work station for instruction labels that provide cooking directions and suggested side servings.
6. You did it! We just helped!

www.suppersolutionsinc.com



Why do it.

Top 10 reasons...

10. Productive fun
9. Great place to meet new friends or have date night
8. Get yourself and your family to try new meals
7. Gather around the table together again
6. We do all of the cleanup!
5. Nutritionally excellent
4. More economical than do-it-yourself
3. Relieves supper planning stress
2. Lessens frantic stops for fast food
1. It's delicious!

Sample menu items include:

Citrus Salmon, Teriyaki Steak, Caribbean Fruit Pork, Bourbon Street Steak, Shrimp and Plum Tomato Penne, Mediterranean Chicken Sandwich, Shepherds Pie, Vegetarian Burritos, Chicken Ranch Taco Salad, Pepper Steak, Blackened Catfish with Lemon Rice

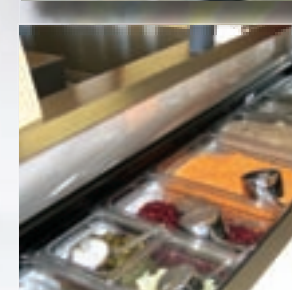
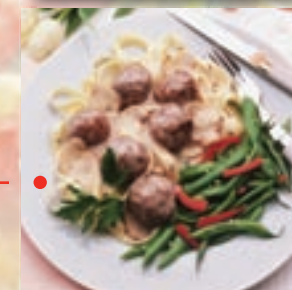
Now available: hormone-free, antibiotic free, and veggie fed Coleman Natural Beef® and all natural chicken, for an additional charge.



Please note:

- All meals may be frozen for up to four months using our freezer bags.
- You may bring other guests at no extra charge.
- Even though a session may show as filled, we may be able to accommodate you. Give us a call!
- We do baby showers! We provide the space, balloons, cake and cleanup. Each guest purchases and assembles one meal for the mommy-to-be.
- Also ask about our Fundraiser options!

www.suppersolutionsinc.com



What it costs.

In Session:

12 meals serving 4-6	\$ 184.00
12 Size Wise Suppers serving 2-3	\$ 114.00

Suppers to Go:

12 meals serving 4-6	\$ 220.00
12 Size Wise Suppers serving 2-3	\$ 140.00
6 meals serving 4-6	\$ 120.00

Supper for an average price of about \$3.00 per serving.

There is no membership commitment. Simply sign up when you're ready. Visa and MasterCard, Check and Cash are accepted.

"I thought their menu was excellent," Ross said. "My husband went over it with me and we picked out the ones we wanted. There's a good variety of meat and all different kinds of recipes; it's perfect. We get to try new things that we've never tried before."

*-Denver Business Journal,
Quibian Salazar-Moreno, April 23, 2004*

**Save time, energy and money with
Supper Solutions.**

Supper Solutions

303-426-9300

www.suppersolutionsinc.com

