

Join us for Deer Brook's next Ladies Night Out...

Tastefully Simple's Freezer Meal Workshop

Saturday, April 18, 2015 at 7:00 p.m.

We have a menu for every lifestyle! Whether you have a large family or just a couple mouths to feed, this night is sure to be fun AND productive!

What is a Freezer Meal Workshop? Assemble 10 freezer-ready meals in 2 hours with Tastefully Simple products and grocery store items. There are 4 menus to choose from and meals serve 4-6 adults (or split them in half for smaller families so you take home 20!). You will receive reheating instructions for everything you make and have leftover product to take home. Before the workshop I will send you a grocery list that includes meats, veggies, dairy and canned items you will need to make your meals. You will bring your groceries in a cooler to the workshop and we will assemble the meals together (but not cook them—you'll do that at home). You bring home the meals and put them in your freezer until you want to cook them. Then the night before (or that morning), you take them out of the freezer and put in the fridge to thaw. Then they are ready to be tossed on the grill, into the oven or in the crockpot. Never wonder what's for dinner again!

What are the benefits of Freezer Meal Workshops? *It solves the "What's for dinner?" dilemma. *You'll save money by avoiding the last minute trip to the grocery store or ordering fast food. *It's flexible – our lives are busy! Times have changed and sometimes we don't know until 4 pm who will be at the dinner table that night. We can still have a great meal without all of the daily hands-on preparation. *Leftovers are easily reheated and delicious! *Your family will enjoy the variety and new recipes that you'll be making. *You're having fun with friends instead of being alone in your kitchen. *You can take advantage of "buying in bulk. *More free time! With meals ready in the freezer, you will have more time to work on homework (or whatever) while dinner is baking! *You can share with others! It's easy to take dinner to a neighbor who is ill, friend who had a baby or a family that recently moved in across the street.

Complete this portion and send to Erica Risser at 34 Schoolhouse Dr, Medford, NJ 08055 with a check or cash for the kit ABSOLUTELY NO LATER THAN Saturday, April 4, 2015. Late Registrations cannot be accepted due to shipping time. Please direct all questions to Erica Risser, Tastefully Simple consultant (and Deer Brook resident!) at EHRRisser@gmail.com or (717) 333-9733 (texts are fine). Upon receipt, a grocery list and instructions will be sent to you.

Name: _____

Address: _____

Contact #: _____

E-mail address: _____

Menu chosen: _____

Payment amount sent in: _____ CHECK or CASH (please circle)

Questions/Comments:

Choose one of the following menus...we have something for every lifestyle!

Delicious on a Dime Menu

10 budget-friendly recipes!

1. Asian Pork Roast
2. Creamy Bayou Bourbon Chicken
3. Easy Baked Mac-n-Cheese
4. Easy London Broil
5. Perfectly Tender Pulled Pork
6. Savory Grilled Chicken
7. Scrumptious Stromboli
8. Simple Beef Stroganoff
9. Slow-Cooker Lasagna
10. Slow-Cooker Mama Mia Turkey

Only \$58.50 for the kit!

Entrée Extravaganza Menu

10 mouth-watering recipes!

1. Bacon-Wrapped Meatloaf
2. Bayou Bourbon Beef & Broccoli
3. Bayou Bourbon Burgers
4. Garlicky Pesto Shrimp
5. Honey Teriyaki Chicken Wings
6. Honey Teriyaki Steak
7. Impressive Italian Pork
8. Savory Pesto Burgers
9. Simple Mediterranean Chicken
10. Ultimate Peachy Pork Chops

Only \$60 for the kit!

Practically Paleo Menu

10 healthy, Paleo-inspired recipes!

1. Bacon-Wrapped Pork Chops
2. Balsamic Roast Beef
3. Grilled Ultimate Steak
4. Herb & Lemon Roasted Chicken
5. Herbed Garlic Salmon
6. Honey Mustard Chicken Thighs
7. Mustard & Honey Dipped Meatballs
8. Rustic Herb Pulled Pork
9. Slow Cooker Beef & Mushroom Stew
10. Turkey Meatloaf w/ Pineapple Glaze

Only \$50 for the kit!

Gluten/Lactose-Free Menu

10 healthy, GF/LF recipes!

1. Bacon-Wrapped Pork Chops
2. Balsamic Roast Beef
3. Finger-lickin' Grilled Ribs
4. Herb & Lemon Roasted Chicken
5. Honey Mustard Chicken Breasts
6. Melt in Your Mouth Pot Roast
7. Rustic Herb Pulled Pork
8. Slow Cooked Italian Balsamic Chicken
9. Slow Cooked Italian Pork Chops
10. Southwest Meatloaf

Only \$69.50 for the kit!