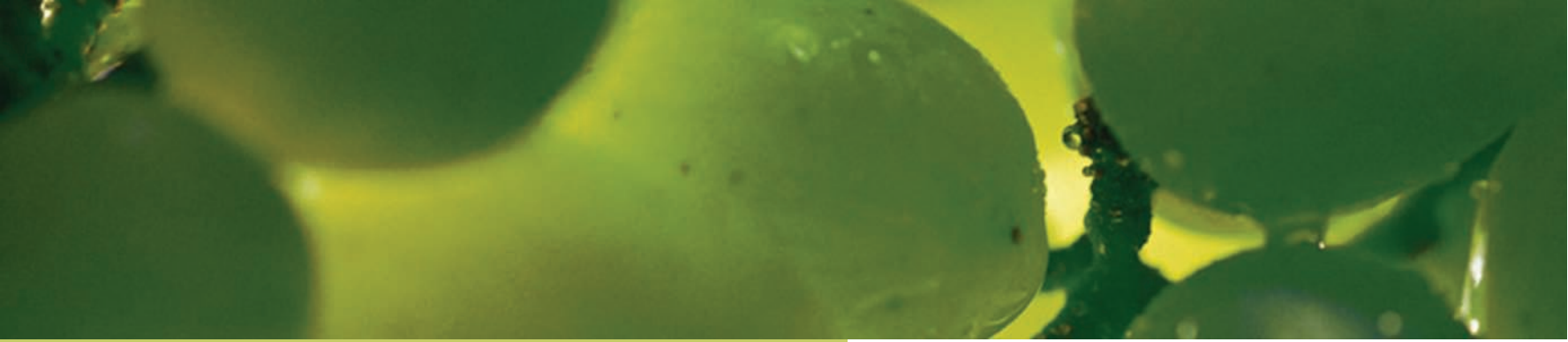




Time. Food. Life.



It's Time To Reclaim the Dinner Hour

Escape from the uninspired weeknight meal and all of the angst that comes with it. Relish! offers the plan and all the tools needed to get healthy, fresh and quick dinners on the table. Every night.

**quick
and easy
dinners
every
night**



Relish! It's A Dinner Revolution

- Build the weekly menu from a list containing the following categories: kid-friendly, vegetarian, simple-gourmet and super quick.
- All recipes are kitchen-tested and require 30 minutes or less prep time.
- A Relish! subscription is only \$7 per month.
- The categorized grocery list makes shopping a snap; no more last-minute trips.
- The cost to prepare five dinners and side dishes is approximately \$100.

Relish! = Real Food. Fast.

www.RelishRelish.com



Relish! We Provide the Solution

GROCERY SHOPPING WITH A PLAN

Each night, millions of families shutter at the prospect of what to make for dinner. Last minute grocery shopping, takeout and dining out, often take the place of healthy home-cooked meals, and important family time dwindles. Relish! offers the solution and the tools to help families get back to the dinner table, establish healthy eating habits and save money at the same time.

SAVE MONEY AT THE GROCERY STORE. ALWAYS SHOP WITH A PLAN

SHOP WITH A LIST

Stop the grocery grab. Shopping with a list -- and keeping to it -- is the most effective way to save money, according to the Consumer Credit Counseling Service.

HAVE A MEAL PLAN

Avoid 'crisis cooking' -- otherwise known as rushing to the grocery store just before the dinner hour. Because you tend to reach for higher-priced, convenience items, shopping in a panic is expensive and unhealthy.

EAT IN

Between dining out, pizza deliveries, takeout lunches, and coffee stops, an average American family spends thousands of dollars a year. Relish! doesn't advocate eliminating all outside dining; instead, make dining out a special event or celebration, and not a last-minute act of hungry desperation.



Relish! We Provide the Solution

THE FAMILY DINNER NOURISHES MORE THAN YOU THINK

Aside from the obvious nutritional benefits of regular family dinners, research shows how often a family eats dinner together is a powerful indicator of social and emotional growth.

According to findings from The National Center on Addiction and Substance Abuse (CASA) at Columbia University, teens who eat regular family dinners are less likely to smoke, drink or use drugs, and they are more likely to perform better in school. Relish! offers the tools and the plan to get families back to the dinner table.

CASA's 2006 report "The Importance of Family Dinners III" found that compared to kids who have fewer than three family dinners per week, children and teens who have frequent family dinners are:

- 70 percent lower risk for substance abuse
- One third less likely to try alcohol
- Half as likely to try cigarettes or marijuana

RELISH! HELPS KIDS DEVELOP LIFELONG EATING HABITS

Relish! helps families spend more time at the dinner table with kid-friendly selections. Recipes go beyond nuggets and mac-n-cheese, fostering good eating habits that will last a lifetime.

Relish! uses fresh produce, lean meats and a variety of healthy eating options that help instill good eating habits with children. Kids tend to dislike casseroles or foods that seem too jumbled together. Relish! uses a lighter, fresher approach to cooking that kids love. Each week Relish! offers five different kid-friendly dinner choices.



TESTIMONIALS

Dear Relish,

I am a new member, and I wanted to say thank you for providing this wonderful service!!! My husband and I are physicians, with little time to spare. We also have a new baby, as well as his nanny in our family now. Your service has saved my family from unhealthy eating out at restaurants, and take-out foods. I absolutely love the Relish recipes! They are easy to prepare, so delicious, and very nutritious as well. I love that I can now prepare healthy and delicious meals that my family looks forward to eating. I actually enjoy cooking now, and am quickly learning how to prepare delicious meals. I am always excited to learn about new spices and recipes.

---Carol

Oh my goodness.....

We tried the Chicken Burritos with Mango Salsa along with the Coyote Black Beans... and WOW what a fantastic meal. All three of my children LOVED it (6 ½, 5, 3½). Then I thought okay... we'll try the Roasted Rosemary Chicken Breasts with the Green Bean Gremolata... and again all thumbs up.

Surely, I said to myself, all of the recipes can't be that great..... and then I tried the Salmon with Balsamic and Strawberries with the Couscous with Pistachios... and sure enough ~ they ARE ALL FANTASTIC.

---Jodi

Oh my gosh. I used to spend so much money at the grocery store and still have nothing for dinner. With Relish! all of my dinners for the week cost under \$100 and I said goodbye to impulse shopping.

---Rachael

Hi,

Just wanted to say thank you for running such a tremendously helpful website. I joined last month, when I was about 8 months pregnant, and your shopping list/recipes immediately put an end to recurrent scraped-together pasta dinners and dramatically improved the nutrition in our house. Now with a newborn, the site is even more helpful. Best of all, I'm no longer the only dinner provider – my husband did most of the cooking in December (he's allergic to shopping but he can cook when the ingredients are already in the house), and now we alternate, even within a single meal. When I go back to work in March, Relish! is going to be a complete lifesaver.

Kudos, bravo, and thank you!

--- Anne



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