



Fuller Tummy Newsletter

Fuller Tummy

Fuller Tummy is a dedicated Instructional Program designed to teach clients with in their homes the importance of "Domestic Kitchen Management". Many of our current clients have mentioned that they have recouped the costs of the Fuller Tummy Levels within 2 weeks of beginning the program. This is achieved by limiting shopping trips, less food wastage, and minimizing eating out. Please remember if you refer a new client to Fuller Tummy, you will receive 10% off your next level!

[More Details check out our website: www.fullertummy.com.au](http://www.fullertummy.com.au)

Issue 1—May/June 2008



**Chef Director
Duncan Fuller**

Congratulations to our Recent Graduates

Fuller Tummy would like to acknowledge the following families that have successfully completed Level 1: Mullens, Meeves, Rostas, and the Wrobels. **Congratulations and well done!**

Many of our Level 1 clients are fast approaching Level 2 and are looking forward to cooking warm winter delights for the cooler winter months ahead.

Newsletter Spotlight

Fuller Tummy is proud to announce that we are now Fuller Tummy PTY LTD. Our plans to take Fuller Tummy to a National audience will surely be in the plans for the future years to come.

Winter



**Level 2
Training Manual**

Winter Tips!

This is the perfect time of year to purchase those tough cuts of meat and turn them into culinary masterpieces. In Level 2 we cook and serve beautiful dishes such as Braised Lamb Shanks, Braised Short Ribs, Coq Au Vin "Chicken in Red Wine" and everyone's favorite Risotto.

Level 2 has also produced a new Fuller Tummy favorite— Fuller Tummy Vegetarian Lasagna, composed of freshly made Napolitano Sauce, Grilled and Baked Vegetables, Basil Pesto and Mozzarella Cheese. This is great dish and is becoming a popular addition to go in the kids LUNCH BOX or to take for your work lunches.

The basis of all great dishes are beautiful stocks. In Level 2 we make fresh chicken stock, beef stock, fish stock and parmesan stock, which are all multipurpose.

Having these beautiful ingredients at hand allows anyone to make simple beautiful dishes with out relying on pre-made preservative packed bought in stocks.

ENJOY LIFE & HAVE A FULLER TUMMY!

Questions or comments? Contact us:

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