



"Healthy Eating with Fuller Tummy"



Programs & Products

Issue 5 January/February 2009

Dear Fuller Tummy Clients,

We hope everyone had a fabulous time over the Christmas break and we would like to wish everyone all the happiness, health and success for the year to come. The media has certainly let us know where we sit with the global financial situation we are currently experiencing.

Fuller Tummy is still seeing a large interest in the In Home Cooking classes but the real surprise for the company has been the popularity of our new In Home Chef Program. Clients are amazed at the ease of having all the food prepared and ready to go for the week.

The real surprise is the savings! Depending on what our clients choose, the menus can cover lunches and dinners saving on takeaway and purchasing food at work, shopping once a week, food wastage and the improvements on their health by eating beautiful healthy food. The kids are especially excited by having a new range of food to choose from and their parents having more time to spend time with them. Many clients have mentioned how nice it is to have some spare time on the weekends, afternoon or at night to have a moment to chill out and have some time to them selves or an opportunity to relax. If your interested in this new service please don't hesitate to call or email our team.



Michelle & Duncan Fuller

New Clients and Recent Graduates

Anderson Family - In Home Chef / Thring Family - In Home Chef

Thring Family - Quick Cooks Chicken / Kerwick Family - In Home Chef

Jayde Henley Smith - Successful Completion of Level 1 / Hill Family - Successful Completion of Level 1 / Trish Harris - Quick Cooks Beef

Georgilopoulos Family - Quick Cooks Chicken

Thank you to all of our new clients and congratulations to our graduates!

We look forward to continuing this culinary journey with you and your family.

"Healthy Eating with Fuller Tummy"

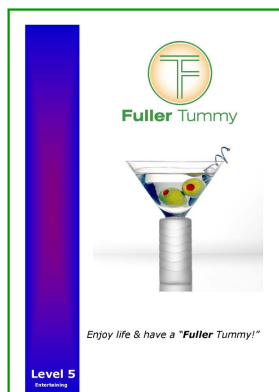
Newsletter Spotlight

This year Fuller Tummy will be teaming up with Peter Georgilopoulos and his team of professionals at his new business, "Physio & Wellness Centre" Broadbeach Waters.

Peters philosophy of incorporating a team of professionals in order to provide a true holistic approach to his clients is something we at Fuller Tummy are also very passionate about.

Eating a balanced diet of beautiful healthy food, and treating your body's issues with massage therapy or physio is the perfect way to get yourself on the right track!

Summer Time



In Home Chef

In Home Chef

Below are two testimonials from our In Home Chef clients

January 2009, Having morning sickness made me feel un-well preparing food. Given that my husband wouldn't even know where the saucepans are in the kitchen, I had Duncan from Fuller Tummy come to my house and cook a number of meals that I could freeze and re-heat for my husband and myself. Duncan is very professional, friendly and of course – a fantastic chef!. Even now that my morning sickness is starting to subside, I will continue to use Duncan's services, so that I can always have some yummy, healthy food in the freezer instead of getting take-away. Fleur Anderson

January 2009

Each week I train clients from early in the morning until late in the evening and, until I found Fuller Tummy, I was not feeding my body the nutrients it needed. Duncan comes to my house every Monday for two hours and preps my food for the week. Now I have restaurant quality meals to come home to, they are delicious and each week I can have different menu options. I am actually saving money as there is no wastage and I no longer buy expensive take away meals. Not to mention it saves a lot of time only going to the supermarket once a week! I was so impressed with Duncan that I have teamed up with him to instruct cooking classes for my personal training business. Charmaine Thring Forever Young Personal Training.

Questions or comments? E-mail us at info@fullertummy.com.au or call 0423 tummy 8 / 0423 886 698

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