

Fun in the Kitchen

Invite chef Duncan Fuller to your home to teach your family how to cook like a chef. Discover the secrets of culinary heaven!



Many of Duncan's 'converts' have commented that they got out of their 'chef's day' much more than anticipated. In particular, the teens took a keen interest preparing their favourite pestos and sauces. Even the kids got excited as Duncan soon put them to work peeling and chopping. Of course, theirs was an important contribution!



TESTIMONIAL:

Level Two of the Fuller Tummy program has been the best investment I have made in a long time. The money we've saved from planning shopping, buying only what we need and using everything we buy, has recouped the cost of Level One even before starting the second stage. There's been substantial cost savings in not having to buy takeaway any more, which had been up to three times a week I'm ashamed to admit. Another great outcome has been the positive comments from family and friends about my weight loss, which is mainly due to living the Fuller Tummy way of life. I have never eaten so much fresh food before, all without chemicals and preservatives. It's been a huge hit for my family. My daughters are all very keen to check the preparation list to see what they do to help. It's great family bonding time. We all prep and cook together, with the kids taking turns to write the menu sheet for the week ahead. All five of us can get dinner ready in a flash now. Even my husband wants to help because it's all so well-organised and easy. Thank you Fuller Tummy, from the very happy Mullen family. (Natalea Mullen, Banora Point, NSW)