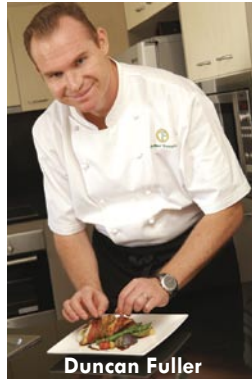


# Throw Out Those Packaged Meals!

*International chef Duncan Fuller has created an amazing home cooking programme called Fuller Tummy.*

*Ladies... here is your solution. Just imagine coming home from the office and having your husband and kids serve you up a gourmet meal.*

*And with no packet mixes!*



**C**hef Director Duncan Fuller says, "Your home kitchen is no different in function to a world class restaurant kitchen. I can show you and your family how chefs create the best quality cuisine at the lowest prices. Commercial efficiency is important to a restaurant. And it should be to you too."

Duncan and his wife Michelle Fuller, Business Development Manager, having a passion for great food and teaching, developed their Fuller Tummy programme to teach people how to plan, shop, prepare and serve great quality, healthy and nutritious food in their own homes. It's like a 'Domestic Kitchen Management' system where you are taught to control your stock and organise weekly menus economically.

The average family spends up to \$1500 a month on fast food and up to \$100 a week on food spoilage in the refrigerator. What if you could save most of this money AND eat better quality food too? No time you say? Duncan can show you how to fit it all into your lifestyle - and have time to spare.

Enjoy life and good food. Have fun in the kitchen with your kids. You'd be surprised at what antics Duncan can get up to!

*Your Family Can...*

**Enjoy Better Quality...  
Save on your Weekly Food Bill**

The whole family can learn the art of good food and home economy with International chef Duncan Fuller.

For over 16 hours in your own kitchen Duncan will teach you how to make your own pestos, stocks, sauces and soups, recipes for breakfast, lunch and dinner, menu planning - and how to do it all on a budget!



Fuller Tummy [www.fullertummy.com.au](http://www.fullertummy.com.au)

To enquire call...  
**0423 tummy 8**  
**(0423 886698)**

*Enjoy life and have a Fuller Tummy!*