

An Inspiring Email from a Dream Dinners Guest

Sent to Sunrise, Florida Dream Dinners on September 6th

Sally and Nicole:

My 17 year old son Kyle decided he wanted to lose a significant amount of weight. He started working with a nutritionist at the end of March. Shopping and planning the meals to fit his 300 calorie, 30 protein 30 carb, low-fat requirements was a nightmare! Protein and breakfast bars were taking over our lives.

I found out about Dream Dinners and booked my first session in April. Your web site had all the nutrition information broken down by serving. No more weighing, measuring and reading food labels. You have saved me many hours each week.

To date, Kyle has lost 60 lbs. I am very proud of his efforts. He is working out, and he is eating healthy, fresh meals (no protein bars), thanks to Dream Dinners!

Kim Johnson