

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

September 25, 2006

Dear Dream Dinners,

In October I will be celebrating the 1 year anniversary of my first Dream Dinner experience. What a difference a year makes!

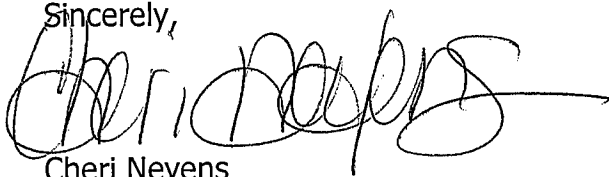
When I walked in to your Bellingham store in October of 2005 my husband and I had just joined Weight Watchers for at least the 4th time. I was looking ahead to my monumental task of losing 110 pounds with serious doubts about the success I would achieve. I knew that there was no way I could stick to a diet that was limited to broiled chicken and fish. I knew that I had no imagination in the kitchen and I knew I needed to find a way to push myself to try new meals that I never would have tried in the past.

Every month I go into your website and armed with the menu and the nutritional information I make my selection of meals that I will be preparing for the next month. When I get my meals home I mark my labels with the number of points (Weight Watcher's method of counting calories) each meal is. With this information it's very easy to follow my weight loss plan and I look forward to dinner every night. The dinners we eat are absolutely delicious and I feel really good about serving them to my family since everything is made from scratch.

1 year later I'm happy to report that I have lost 88 pounds and my husband has lost 90 pounds. My 110 pound weight loss goal is clearly in sight and I know that I will achieve that goal.

I will continue my monthly visits with Kelli and the staff in Bellingham even after I have lost all the weight I need to. I get incredibly delicious food made from scratch in a really fun environment. What more could I ask for?

Sincerely,

A handwritten signature in black ink, appearing to read "Cheri Neyens", with a long horizontal flourish extending to the right.

Cheri Neyens
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