

Introductory Offers

(you just can't refuse!)

IN-KITCHEN SESSION

Buy 6 dinners, get the 7th free



7th dinner of equal value. Coupon expires 12/31/2007.



cookindinners.com

203.849.8800

250 Westport Avenue (Route 1)
Norwalk, CT 06851



The prep's all done, so you can have fun!™

Just cook and enjoy!

ASSEMBLY FOR PICK-UP

Free assembly on your next order



Coupon expires 12/31/2007.

cookin' dinners EXPRESS

Your first delivery is free

Order 6 or more dinners and we'll deliver right to your door.

First-time customers only. Coupon expires 12/31/2007.



Meet Our Nutritionist Pam Hartnett

Pam Hartnett, MPH, RD is a Registered Dietitian with her Masters in Public Health Nutrition. In addition to her work for Cookin' Dinners, Pam is currently teaching college-level nutrition, which she has been doing since 1998. She has worked as a nutrition information specialist for the national Food and Nutrition Information Center (FNIC) and has coordinated the Maryland State Childhood Obesity Intervention Program.

Log onto CookinDinners.com to check our monthly nutritional guidelines.



TEXT TO COME

Three Steps to a Great Dinner

1 Simply Visit cookindinners.com

2 Preview our Monthly Menu: ... and **select** fabulous dinners featuring entrées such as Herb-Crusted Flank Steak and Citrus Ginger Salmon.

3 Then Register to Either:

Attend a Meal Assembly Session where you put together your own dinners.

or

Have us assemble your dinners for you to **pick-up** at the Cookin Dinners Kitchen nearest you.

or

Sit back and we'll deliver right to your door.

It's that simple!



Cookin' Dinners provides everything you need to assemble a variety of delicious, healthy dinners ... take home and serve in the days or weeks ahead. Don't waist time shoppin', choppin' and moppin'!

Each month, **Chef George Gardone** creates exciting new menus and recipes ... and supplies all of the essentials to create your family dinners... **for no-fuss, no-mess dinners in no-time.**

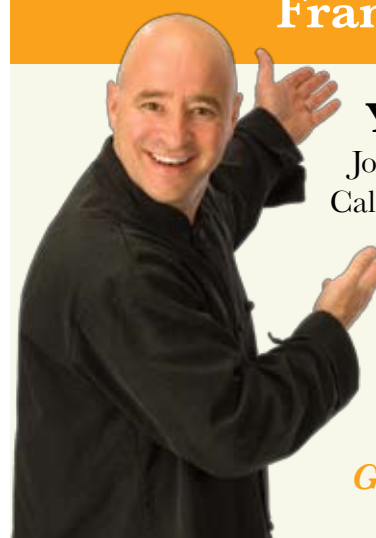
GIRLS NIGHT OUT



Hostess gets 50% off her dinner order with a group of 8 or more.

Coupon expires 2/31/2007.

Franchise Opportunities



Your Recipe for Business Success

Join the hottest growing food concept of it's time. Call Cookin Dinners's Founder George Gardone at 203-219-5007 or email Franchise@CookinDinners.com for information.

We are looking for entrepreneurs who share our commitment to excellence.

George Gardone

What's Cookin' at cookin'dinners™

Favorites from our Menu

Mama's Meatloaf Burgers

Two American Classics (and our famous meatloaf recipe) combined into six fresh ground beef patties served with six freshly baked (by you!) rolls
Grill, Oven or Broiler in minutes!

Chimichurri Flank Steak

Our flank steak marinated in this South American inspired sauce served with a fresh broccoli sauté and Basmati Rice
Grill or Oven Baked

5 Spice and 4 Pepper Beef Stir Fry

Talk about depth of flavor – just try one of these Top Round Strips tossed with a fresh zucchini, squash and onion medley served with Red Rice
Stovetop in minutes!

Nachos Fantastico

Featuring perfectly seasoned Ground Beef, chopped Jalapeño Peppers, Onions, and Bell Peppers, Salsa, and Sour Cream
Stovetop and Bake in minutes!

Cuban Flatbreads

Chef Kyle's new twist on a sandwich shop classic; seasoned Pork Loin, fresh sliced Ham, Scallions, Garlic, and Deli Pickles covered in a three cheese blend
Stovetop in minutes!

Grilled Rosemary Chicken

Your family will get an entire 8 piece chicken marinated in Rosemary, Garlic, Parsley, Olive Oil, Italian Herbs; simple ingredients the produce amazing results!
Grill or Oven Baked

Orange Glazed Tilapia

The embodiment of summer; these lucky Tilapia Filets are prepared with a tremendous Orange Glaze and served with a Carrot and Broccoli Sauté and Jasmine Rice
Oven Baked in minutes!

Mojito Pork Medallions

Beautiful Pork Medallions marinated in this outrageous summertime cocktail. Served with an unbelievable Lime Glaze with a fresh Bell Pepper and Onion Sauté and Brown Rice
Grill or Oven Baked

Balsamic B-B-Q Beef Skewers

Don't even get me started on this fantastic sauce. Everyone should give this dish a try! Served with a Broccoli and Mushroom Sauté and Purple Rice
Stovetop or Oven Baked in minutes!

Lip Smacking Baby Back Ribs

Your family will devour three full racks of these awesome Ribs smothered in the most Delicious B-B-Q Sauce this side of the Mississippi. Served with Basmati Rice if you have room!
Stovetop and Grill

"Scrumptious dinner recipes and ingredients are already prepared for us."



1

2

3

"This is an amazing service for anyone who works full time!"

"This week's dinners are in the bag!"

"As a busy working mom, I've always struggled to find the time to shop and prepare fresh, home-cooked meals for the family each day.

Now, Cookin' Dinners has changed my life! I come here once a week and have our week's dinners prepared and ready to cook in about 1 hour!"



"Thanks to Cookin' Dinners, we get 6 wholesome dinners at a fraction of take-out food cost!"

6 Dinners:

for Singles

\$40

for Couples
(2 - 3 people)

\$100

for the Family
(4 - 6 people)

\$170

Assembly for Pick-Up \$5 Additional
Delivery \$10 Additional

Log onto cookindinners.com or call 203-849-8800 for our monthly menu!

Girl's Night Out Get Excited About Dinner

You bring the spirits, we provide everything else for a fun and productive night out. Everyone goes home with 6 (couple or family size) dinners. Booking Monday through Friday at 7:30 pm and daytime events 7 days a week. Just call the kitchen to reserve your date! **See our coupon on the back cover.**

We also host **Private Parties** (8 person minimum)

- Wedding & Baby Showers
- Team Building
- Birthday Parties
- Couples Night Out
- Charitable fund raisers where Cookin' Dinners gives back 10% of the evenings proceeds.



Too busy to come to our kitchen? No problem...we deliver!

Order online or call the kitchen at 203-849-8800 for delivery right to your doorstep.

And your first delivery is on us! **See Free Delivery Coupon on back cover.**

cookin'dinners EXPRESS

Assembly for FREE



No time to assemble your family dinners?

Just give us 24 hours notice and we'll give you dinner for the week!

Order online at cookindinners.com or call the kitchen at 203-849-8800 to pick up your delicious dinners that are ready for the oven!

Li'l Chef Parties

Li'l Chef Parties are great fun and introduce girls and boys to the joy of cooking!

Since everything we do is designed to be hands-on, it really makes cooking fun for everyone. Chef George encourages young chefs to explore their imaginations and creativity while learning basic cooking skills and safety in the kitchen.

For ages eight to eighty!



Gift Cards

Give the gift of love...food!

Cookin' Dinners Gift Cards are available in any denomination.

Order online at cookindinners.com

or call the kitchen at 203-849-8800.

An ideal gift for: housewarmings, new moms, employee recognition programs and more.



Rewards Card

Each time you come to the kitchen and assemble your own dinners, we give you 5% back on your Rewards Card.

You add up your points and get free dinners whenever you're ready! Check your points online at cookindinners.com anytime!

