

SAVE THIS DATE: Tuesday, Jan 28th @ 7pm

(I know it's far away.....but we need to preorder bundle by Jan. 13th!)

**You're Invited to a "One Stop Crock"
All-Natural Wildtree Freezer Meal Workshop!
Hosted By: Dancing Lotus Fitness Kitchen**

**Before you RSVP, watch this fun YouTube video
to see what's in store for you:**

Click Here: <http://youtu.be/bBcAPT1VrNY>

Start your New Year, with Healthy and Easy Meals!

Tired of making the same 5 dinners over and over? Do busy nights force you to grab take-out more than you care to admit?

We have the answer! Come to my Wildtree Freezer Meal Workshop! Prep 6-10 dinners to take home, freeze and cook on busy nights to come.

Here's what we're making:

**"One Stop Crock" Workshop
You choose: 6 or 10 meal option**

Basic 6 Meal Option - \$59

Hawaiian Style Country Ribs
Buffalo Chicken Sliders
Enchilada Pork Tacos with Marinated Onions
Quick Crockpot Lasagna
Ranch Chicken Chili
Beef Enchilada Stew

Upgrade to 10 Meals Option - \$79 - Our BEST Value!!

Make the Above Meals PLUS

Apple Balsamic Pork Roast
Honey Hoisin Chicken Wraps
Ranch Roasted Turkey Breast
Pollo Asada Rice Bowls

Sound delicious? Tell me you want in!

Here's how it works:

Step 1: RSVP to me by Monday, Jan. 13th with your menu choice (6 or 10 meals) and your payment info (credit card # or check made payable to Erin Frey)

Step 2: Erin Frey, our Wildtree Rep will email you the grocery list and pre-workshop prep for the above meals after the order has been placed.

Step 3: Come to DLF on January 28th **with your cooler** of meat/veggies. We'll add the Wildtree products and other ingredients AND have some fun!

Step 4: Take your completed meals home and put them in the freezer. They will be ready for you on busy nights to come! EASY!

Hosted by: Eric and DLF Kitchen
When: Tuesday, Jan. 28th @ 7pm
Deadline to RSVP: Monday, Jan. 13th
Where: 400 N. Main St, Lake Mills
RSVP: 608-354-9910 or majesty_2@yahoo.com

Wildtree Products are all natural:
NO MSG, NO HIGH FRUCTOSE CORN SYRUP
LOW OR NO SODIUM PRODUCTS!
NO TRANS FATS!
NOTHING ARTIFICIAL!
NO CHEMICALS!