



## **Gourmet Dining Selected for Good Housekeeping Top Quick Serve Meals**

*Gourmet Dining featured as "healthy, taste tested, and kid friendly"*

Greenville, KY (January 17, 2009) -- Gourmet Express, LLC and their flagship frozen skillet meal products sold under the Gourmet Dining® brand were selected for the Good Housekeeping "Top Quick Serve Meals" in minutes special feature within the February 2009 publication. Gourmet Dining led the skillet meal category with a 3 of three item selections that included Gourmet Dining Shrimp Alfredo, Gourmet Dining Garlic Chicken, and Gourmet Dining's Shrimp Scampi.

Within the Good Housekeeping publication, the articles author, noted nutritionist Delia A Hammock, M.S., R.D. noted that "GHRI nutritionists spent nine months testing and tasting more than 1,000 products to find the top choices for you and your family," and goes on to say that "GHRI nutritionists prowled the supermarket aisles and food trade shows-analyzing ingredient lists, and scanning product labels." Taste tasting included dozens of volunteers, ages 5 to 85 to locate the top 100 options, and Gourmet Dining was honored to have 3 of these top selections.

### **About Gourmet Dining**

Gourmet Express is engaged in the business of developing, assembling, selling, distributing, and marketing frozen food products. The Company's flagship frozen skillet meal products are sold under the Gourmet Dining® brand. Gourmet Express is headquartered in Greenville, KY. More information can be found at [www.gourmetdining.net](http://www.gourmetdining.net).

*Attached: Article reprint displaying Gourmet Dining selections*

FEBRUARY 2009

# Good Housekeeping

FREE! Pullout booklet

## 100 Meals in Minutes

Healthy, taste-tested,  
and kid friendly

## JEANS THAT FIT—Finally!

Read this before  
you shop, p. 168

## No. 1 Way to Improve Your Credit

Your Biggest  
**HEALTH RISK**  
How to fix it

## 30 Days Back to Love

- Reinvent date night
- Recession-proof your marriage
- Stop a fight before it starts



Make this  
Valentine's  
nosegay,  
p. 84

goodhousekeeping.com



\$3.49



**47. Healthy Choice Asian Inspired Café Steamers Sweet & Spicy Orange Zest Chicken** ○○

More proof healthful doesn't equal bland.

Per package: 290 calories, 4 g fat (1 g sat), 6 g fiber, 480 mg sodium (\$3.59/single serving)



**52. Lean Cuisine Lemongrass Chicken** ○○

An "addictive" sauce gives this meal an exotic flair—but whole-grain brown rice and veggies make it a true winner.

Per package: 250 calories, 6 g fat (3.5 g sat), 4 g fiber, 610 mg sodium (\$3.49/single serving)



**56. Kashi All Natural Mushroom Trio & Spinach Thin Crust Pizza** ○○

A wood-fired crust with seven whole grains and portobello, champignon, and shiitake mushrooms set this pizza apart.

Per 1/2 of 10-inch pizza: 250 calories, 9 g fat (4.5 g sat), 4 g fiber, 660 mg sodium (\$6/pizza)

**59. Gourmet Dining Garlic Chicken** ○○

Garlic fans will meet their match with this simple skillet meal.

Per serving: 230 calories, 4.5 g fat (1 g sat), 3 g fiber, 440 mg sodium (\$4.99 to \$5.99/32 oz.; four 8-oz. servings)



**48. A.C. LaRocco Old World Veggie Ultra Thin Crust Pizza** ○

A paper-thin crust keeps calories in check despite its gooey three-cheese topping.

Per 1/2 of 10-inch pizza: 170 calories, 7 g fat (3 g sat), 2 g fiber, 260 mg sodium (\$6 to \$7/pizza)



**53. Amy's 3 Bean Veggie Chili Filled Pocket Sandwich** ○○

It's organic and vegan, and it packs a good protein punch.

Per package: 240 calories, 8 g fat (1.5 g sat), 5 g fiber, 370 mg sodium (\$2.54/single serving)



**57. Amy's Roasted Vegetable Pizza** ○

What's a pizza without cheese? In this case, delicious. Loads of flavor, vitamin C—and zero cholesterol.

Per 1/2 of 10-inch pizza: 270 calories, 9 g fat (1.5 g sat), 2 g fiber, 450 mg sodium (\$7.29 to \$8.49/pizza)



**49. Gourmet Dining Shrimp Alfredo** ○○

A calorie-smart version with a medley of vitamin-packed veggies.

Per serving: 220 calories, 4.5 g fat (1 g sat), 2 g fiber, 400 mg sodium (\$4.99 to \$5.99/28 oz.; four 7-oz. servings)



**54. Gourmet Dining Shrimp Scampi** ○○

Pasta, shrimp, sauce, and enough veggies to provide almost half your daily vitamins A and C needs.

Per serving: 210 calories, 4 g fat (0.5 g sat), 2 g fiber, 390 mg sodium (\$4.99 to \$5.99/28 oz.; four 7-oz. servings)



**58. Kashi All Natural Roasted Vegetable Thin Crust Pizza** ○○

Forget pepperoni: This pie's broccoli, artichokes, and red peppers deliver a hefty dose of vitamins A and C.

Per 1/2 of 10-inch pizza: 250 calories, 9 g fat (4 g sat), 4 g fiber, 630 mg sodium (\$6/pizza)



**50. Aunt Trudy's Roasted Vegetable Filled Pocket Sandwich** ○○

A flaky crust covers a rainbow of organic veggies.

Per package: 240 calories, 12 g fat (1.5 g sat), 3 g fiber, 390 mg sodium (\$2.64/single serving)



**51. Amy's Spinach Pizza** ○

This "flavorful" pie delivers vitamin A and bone-building calcium.

Per 1/2 of 10-inch pizza: 310 calories, 12 g fat (4 g sat), 2 g fiber, 530 mg sodium (\$6.29 to \$7/pizza)



**Amy's Pesto Pizza** ○

This "fresh" basil pesto sauce is a tasty change from tomato.

Per 1/2 of 10-inch pizza: 310 calories, 12 g fat (3.5 g sat), 2 g fiber, 430 mg sodium (\$7.29 to \$8.49/pizza)

## SOUPS



**60. Amy's Organic Black Bean Vegetable Soup** ○○

Lots of flavor—and lower in salt.  
Per cup: 100 calories, 1.5 g fat (0 g sat), 5 g fiber, 430 mg sodium (\$2.89 to \$3.29/2 servings)

**62. Campbell's Select Harvest Minestrone** ○○

Low in calories with a nice selection of veggies.  
Per cup: 110 calories, 1 g fat (0.5 g sat), 3 g fiber, 480 mg sodium (\$2.39/2 servings)

**61. Tabatchnick Vegetarian Chili** ○○

Great meaty taste—and it's 100 percent cholesterol-free.  
Per pouch: 180 calories, 3.5 g fat (0 g sat), 8 g fiber, 360 mg sodium (\$2.49 to \$2.69/box of 2)

**63. Campbell's Select Harvest Savory White Bean with Roasted Ham** ○○

Both kids and adults loved its subtle smoky flavor.  
Per cup: 170 calories, 1.5 g fat (0.5 g sat), 7 g fiber, 480 mg sodium (\$2.39/2 servings)

Choose items from the (colder) back of the freezer case"

### LOOK FOR THESE SYMBOLS

- Ready to eat
- Microwavable
- Ready in 10 minutes or less
- Skillet/Stovetop
- Oven/Toaster (Bake)