



The Taste

Did we mention the food? You and your family will love our Chicken Cacciatore, Herb-Marinated Pork Chops, Sirloin Tacos, and Beef and Cheddar Braided Bread, just to name a few of our delicious entrees. At the Culinary School of Fort Worth, founder Judie Byrd and her recipe team create new menu selections each month, carefully choosing the best ingredients.



The Freedom



Come save time, energy, and money with Super Suppers! In addition to being tasty and fun, Super Suppers is an easy and economical way to feed your family. By preparing your meals at Super Suppers, you save 20 to 30 hours each month in time spent developing meal plans, grocery shopping, washing and chopping ingredients, and cleaning the kitchen. You also lower your grocery bill. We have compared grocery store ingredient prices with the cost of our entrees and found that for every twelve meals you prepare at Super Suppers, we save you around \$100. \$200 compared to restaurant prices.



The Inspiration

Super Suppers was founded by Judie Byrd, longtime cooking instructor and owner of the Culinary School of Fort Worth. Judie began laying the groundwork for Super Suppers more than a decade ago. She studied entertaining and catering at the home and studios of Martha Stewart, and professional cooking at the Culinary Institute of America in Hyde Park, N.Y. and at Le Cordon Bleu School of Cookery in London. She has also traveled extensively throughout Europe and Asia, developing international cooking skills. A writer and food critic, Judie has authored several cookbooks, including *Help! My Family is Hungry* and *Meals in Minutes*, all designed to help busy families prepare quick, delicious meals using easy-to-follow recipes.



For information on locations please visit us at WWW.SUPERSUPPERS.COM



The Experience

Super Suppers is a one-stop meal assembly shop designed to save active parents, couples and singles the time and effort required to serve great meals. As we like to say, "There's always time to set the supper table with Super Suppers." While at Super Suppers, you will put together delicious, healthy, "financially smart" entrees in our relaxed and fun studio-kitchen setting. We give you easy-to-follow recipes, prepared ingredients, and simple cooking instructions. You simply rotate from station to station, assembling your meals. Just take them home and freeze. In less than two hours – the time it takes to shop for, prepare and clean up after one meal – Super Suppers can have you in and out the door with 12 fabulous entrees.

No wonder Super Suppers is one of the fastest growing franchises in the United States!




SUPER SUPPERS
Your answer to ... "What's for dinner?"

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