



## 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](http://WWW.SUPERSUPPERS.COM)