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# Kitchen Shortcuts

## Introduction

USDA.gov reports that the average family spends ½ their food budget in restaurants. Fast Food Stats show that over 50 million Americans rely on fast food for their sustenance. Yet National Merit Society studies prove that shared family mealtimes lead to high-achieving kids and to increased stability in marriage and improvements in work performance.

Our guest, Marnie Swedberg, is a mentor to thousands of super busy women worldwide and well as the owner of a restaurant and espresso café, and the author of a new book called, Kitchen Shortcuts.

She's here today to help us understand how to get out of the kitchen quick, while still serving great meals, saving money and teaching our kids healthy eating habits.

## Talk Points. How you can...

[Each represents one chapter in the book]

- save \$10,000 fast with these strategies.
- gain 2.5 days of extra free time this year alone.
- maximize every kitchen minute.
- create your own, healthier convenience.
- make meat the way men like it.
- entertain with ease.
- cook International cuisine quick.
- share meals on wheels.
- set up stellar soup, sandwich, salad and potato bars.
- be a breakfast pro.
- make your own substitutions in seconds.

## Extro

The book, Kitchen Shortcuts, is available from any bookseller, or you swing over to [www.Marnie.com](http://www.Marnie.com) to learn more about the book or about all of Marnie's super busy strategies.



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Saving Time & Money  
In the Minutes You Have

Marnie Swedberg  
[www.Marnie.com](http://www.Marnie.com)

