



Gourmet Kitchens, Inc.

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FOR IMMEDIATE RELEASE

Fresh Family Meals in Minutes

CHICAGO—(April, 2007)—In this age of quicker, easier, and more convenient products, Gourmet Kitchens, Inc. helps families get a fresh, gourmet meal on the table in minutes.

With GKI's fresh entrees and sides, even the most inexperienced chef can pick up tonight's dinner at the grocery and have the quality taste of a homemade meal without the work. Consumers can choose from a wide variety of fresh entrees and side dishes to create a customized family meal.

"As a working mother, I was always looking for ways to give my family fresh, great-tasting foods in less time," says Lisa Johnson, president of Gourmet Kitchens, Inc. "I figured there were other families who want quick and easy, meal options other than fast food or frozen food. GKI meals have that homemade, wholesome taste families want without the preparation, time or clean up."

GKI's prepared entrees offer a diverse selection of tastes from traditional to international flavors—depending on how adventurous your family's taste buds. These entrees can be paired with any two Just Wave It™ side dishes, tailoring the meal for individual tastes.

Convenience and quality are also accomplished in the heating methods of the entrees and sides. Entrees can be heated in the microwave or oven.

The Just Wave It™ side dish package acts as a pressure cooker for the microwave, generating steam without adding liquid, using only the water content of the raw products. Consequently, the side dish is steamed to the perfect consistency every time.

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GKI's family entrees and sides are the perfect solution for the growing generation of consumers who are short on time and cooking experience but still demand fresh, great-tasting foods.

GKI's family entrees include: Beef Lasagna, Pot Roast, Beef Tenderloin with Baby Portobellos, Chicken Parmesan, Grilled Chicken in Lemon Sauce, Mango Habanero Barbeque Pork, Chicken Bruschetta, Chicken Artichoke Asiago, Chicken Burritos, Chicken Enchiladas and Four Cheese Mostaccioli.

The Just Wave It™ sides include: Redskin Mashed Potatoes, Traditional Sage Stuffing, Southwestern Potatoes, Redskin Potatoes with Caramelized Onions, Baked Potato with Cheddar, Broccoli, Bacon, Baked Potato with Chili and Cheddar Cheese, Buttered Fiesta Corn, Sweet Potatoes with Buttered Streusel, Creamed Fresh Spinach, Green Beans & Carrots, Pacific Rim Vegetables, Mediterranean Vegetables, Butternut Squash, Green Bean Casserole, Honey Glazed Carrots, Green Bean Amandine, Vegetable Medley, Macaroni & Cheese and Penne Marinara.

About Gourmet Kitchens, Inc.

GKI manufactures a diverse line of fresh, grab and go and microwaveable products; service case salads and center of the plate entrees and sides; a full Hispanic product line and a full line of food service solutions for sale at retail stores. GKI's Just Toss It™ Salad line was recently named one of the best new products of 2006 by *Stagnito's New Products Magazine*. GKI's products can be found in eleven states and in various chain and independent retailers.

To learn more about Gourmet Kitchens, Inc., please visit www.lastminutegourmet.com.

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Lemon Chicken Family Meal with Buttered Noodle Just Wave It™ side.



Pot Roast Family Meal with Redskin Mashed Potatoes and Green Bean Amandine Just Wave It™ sides.