

Lunch & Learn Sequence

(8-10 employees) Pre-made Lasagna

Welcome and Intro:

Thank them, overview of what their professions were, ex: Hematology, Nutritionist, Thermal imaging, relaxation, organic, etc...and how it relates to what we cook our food in, importance of.

Started Chart:

- 1) Brief history of S/M as a company.
- 2) Showed S/M machine, explain how we give it away, cooking for them at their homes.
- 3) Diet related diseases.
- 4) Peeling, Cooking in Water, Carrot test performed. Showing ease of S/M machine, different cuts, easy cleaning. Digestion better, smaller cuts.
- 5) Air, light, explain faults of.
- 6) Hold up 1 qt. and explain, no water, the vapo-valve function, med., click, then low. Free up time, Ease of, Semi vacuum created, Nutrition retained.
- 7) Explained how to fry chicken with no oil or grease. Their feedback, ease of, Time saved in baking lasagna on stove top, 20 min. vs. 1 hr. or more in the oven. Energy saved. Cake also done on stovetop.
- 8) Explain entire meal that we cook for them at their home, all in 30 min. not 2 hrs. Food savings.
- 9) Kids cooking in microwave, bad. Our own kids cooking classes. Plug open house.
- 10) Construction of S/M units. 400 series outer layer, multi layer thermal core, 316 Ti surgical inner layer. Non porous, easy to clean, etc...
- 11) Give basics of regular pots and pan types. Pores, leeching metals, chemicals All Clad, copper, La Cruicette, 3rd part stories on weight loss, metal toxins, Non stick (20/20 special), Dupont= Chemicals, Lawsuits, Aluminum, Anodizing process, hot handles, Glass and Enamel, lead toxins, crock pots, Cast Iron,, rancid grease and food in pores. Called seasoning, bacteria.

Made Salad: Show different cuts (ruffled, sliced, shreds, etc.) Explain cabbage benefits, alkaline, Core apple, Lemon zest. Machine retails at \$420 but we give them away.

Get Feedback, answer questions, interact, explained how we made the lasagna, 20 min. Serve up lunch. Booked dinners, Show sets to interested.

Presentation totaled 45 minutes.