

**Rose Reisman's Personal Gourmet****Nov 03, 2010 13:11 ET****Rose Reisman Launches Personal Gourmet Frozen Meals Delivered to Your Door****Nutritionally Balanced-No Added Preservatives Available Across Canada****TORONTO, ONTARIO--(Marketwire - Nov. 3, 2010) -****Attention all food, lifestyle and health editors:**

There's no time to cook and no time to stop at the local takeout. You're tired of eating the same fast food. Besides, none of these options are ever good for you or your children's health – they can leave you sapped of energy and contribute to a poor lifestyle. They are filled with excess fat, calories and sodium and are contributing to the rise in Canadian obesity, Type-2 diabetes, heart disease, and cancer rates.

That's why Canadian health and lifestyle guru Rose Reisman is introducing the Personal Gourmet Frozen meals (<http://www.personalgourmet.ca/>). These nutritionally balanced, calorie-wise, frozen, healthy meals are now being delivered overnight directly to your door. They're packed with essential vegetables and proteins necessary for a healthy, energetic lifestyle. You can pick and choose from a variety of **meat, fish, poultry, and vegetarian** selections to have on hand at any time.

Single, double, and family meals available starting at **\$7.95 per meal** are all ideal for working families, busy professionals and perfect for seniors. There's Panko-Crusted Basa, Sesame Ginger Chicken, Beef Hoisin Meatballs, and many more. Nutritionally the individual meals are approx. 490 calories with 15 grams of fat.

**About Rose Reisman**

Rose Reisman (<http://www.rosereisman.com/>) is Canada's "go to" nutrition and wellness expert. Rose is an Adjunct Professor in the Faculty of Health at York University; a Registered Nutritionist; M.B.A.; author of over 16 best-selling books on nutrition and recipes; owner of "Rose Reisman Catering" and "Personal Gourmet"; 680 News Health expert; Winner of the 2010 Top 100 Women in Trail Blazer category; Executive director of "Glow Fresh Grill" (<http://www.glowfreshgrill.ca/>) and mother of four children.

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