

‘Tis the season to eat healthy – Home cooking made easy

LitenUp’s home delivered holiday meals make for a healthy gourmet feast

Toronto, ON, November 15, 2006 – LitenUp, a Toronto-based healthy gourmet take-out and delivery service, is spreading the holiday spirit with a selection of complete main course dinners that can be delivered right to your door. For as little as \$24.99 per person, LitenUp has cooked up a choice of two holiday main courses that can be tailored to feed a party of four to 400. Made from all-natural healthy ingredients, LitenUp meals are meticulously prepared and delivered to your home or office when and where you need them.

Whether planning an intimate dinner at home or catering an office party or corporate event, LitenUp’s gourmet holiday menu is a healthy, simple and convenient option.

This year’s holiday feast offerings include a choice of:

- o LitenUp’s AAA prime rib dinner with wild mushroom demi-glaze, twice baked potato with bacon, cheddar, chives and sour cream toppings, asparagus bundles wrapped in prosciutto, and mixed baby greens
- o Slow roasted chicken with cranberry, walnut and sage stuffing, roasted root vegetables, asparagus almandine and scalloped potatoes.

As an added bonus, LitenUp is offering 10% off all holiday dinners ordered before December 1.

To find out more about LitenUp’s holiday catering services or to learn about daily delivery offerings, call 416-572-0072 or email info@litenup.ca.

About LitenUp

LitenUp is a Toronto-based healthy gourmet take-out and delivery service dedicated to providing nutritionally wholesome, great-tasting meals that help people to lead a healthy and well-balanced lifestyle. It offers a variety of home delivery options, ranging from one-week trials to 60-day programs. Subscribers can choose from a two meal and one snack a day program, up to three meals and two snacks a day. Packages start as low as \$24 a day. Meals can be customized for special requests or dietary needs, and are made with the highest quality grain-fed meats, fruits and vegetables, olive oils and spicing. Delivery is available from Monday to Friday, while the retail outlet is open six days a week. For information visit www.litenup.ca.