

The Enlightened Gourmet Expects to Report Increased Sales

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The Enlightened Gourmet, Inc. (OTC:ENLG) (BULLETIN BOARD: ENLG) , the creator of Absolutely Free(R) Gourmet Ice Cream, an ice cream novelty with the taste and texture of Premium Ice Cream, with the added benefit of being free of fat, cholesterol, lactose and with no added sugar, expects to report that net sales for the 3rd quarter of 2008 will not only exceed those of the 3rd quarter of 2007, but should be the highest reported net sales of any quarter this year.

Continuing its turnaround from the production and financial issues it experienced in 2007, the Company also expects that, similar to what it reported in the 2nd quarter this year, same store net sales for the first three quarters of this year should exceed the net sales during the same period in 2007 by more than 20%. While the Company still expects to report both a net operating loss and a working capital deficit for the quarter, the expected increase in sales, especially same store sales, demonstrates a continuing improvement in the Company's operations.

Alexander Bozzi, the Company's President and CEO, stated, "I am very excited about our continuing positive trend in same store sales, because it demonstrates that sales are increasing from existing business, and not just from adding new stores. Also, the good news about same store sales should be very helpful in obtaining authorizations from new stores next year, as grocery chains like to add new products with proven track records."

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