

# Dessert buffet marketing plan

[Business](#), [Marketing](#)



Introduction A dessert is a serving of fresh fruits after the main course of a meal. A usually sweet course or dish (as of pastry or ice-cream) usually serves as the end of the meal. Sweet tooth a desire to eat many sweets foods- especially candies and pastries. It is a fondness and cravings for sweets It has a tendency to have such cravings. If you have a sweet tooth then desserts, parties and candies are your favorite food. It can be permanent or a temporary characteristic. Someone who greatly enjoys sweet foods is said to have a " sweet tooth.

Many people around the world are fond of sweets, from sugar-packed ripe fruit to chocolates, and some people associate sweet foods specifically with comfort and well-being. Several factors appear to come together to create a sweet tooth: humans are predisposed to like sweet foods for a variety of reasons, some humans have even stronger sweet-liking genes, and others are conditioned to like sweets. Having a sweet tooth isn't necessarily a bad thing. It is believed that humans have been enjoying sweets for a long time. In Africa, a wide assortment of fruits is available to choose from, but fully ripened fruits have the most nutritional value.

Ripe fruit is also much sweeter than unripe fruit, so humans probably learned at an early stage of evolution that they should seek out sweet foods; although most humans no longer forage for their diet, this ancient genetic lesson encourages modern humans to seek out and enjoy sweets. Eating desserts can please you in anyway. It can help boost your energy. Desserts represent a sense of bliss- a moment of totally relishing that which makes us feel good. When we pedaled deny ourselves that opportunity, our view of

ourselves as a person who deserves to feel good, good shifts, and we can even get resentful.

Desserts can also positively influence your moods. Carbohydrate-rich foods cause your brain to produce serotonin and thyrotrophic chemicals that promote emotional well-being, says Even Baboon, consultant dietician and founder of the Dublin nutrition centre. Because the positive feelings will probably be short-lived and followed by a "crash" if you consume only refined carbohydrate sources, such as sugar cookies or candy, choose desserts containing complex carbohydrate sources, such as brown rice pudding, or pair sugary desserts with foods that promote blood sugar control, such as high-fiber- and protein-rich foods.

Chocolates also trigger positive moods, says Baboon, because it contains theobromine, a natural substance that stimulates feelings of pleasure. Dark chocolate is particularly theobromine-rich. Eating desserts has actually been noted as being beneficial to weight loss. One of the most frustrating things about dieting is having cravings for sweet foods. However, most people on diets resist all dessert foods to avoid being in weight.

Many people who follow this method of dieting end up bingeing on healthy in the middle of their diet due to not satisfying their urges. Sweet tooth corner (dessert cuisine) is all about the store where you can satisfy your cravings for sweets. It is the store for a person who has a big desire for sweets. It serves much kind of desserts which anybody would love. It has a sweet course of dish such as pastries, crepes, chocolates, fruits, cookies, cakes, Dessert Buffet Marketing Plan By Christianizing eating their favorite desserts.

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It is a self-service restaurant so you can get any desserts that you want to eat. But still it has a crew to help you in any way that they can do. The store offer high and equal treatment for all who visited the store. It gives high quality with a low price. It adds new types of desserts regularly. It creates twist from previous products. Customers are only allowed to stay a maximum for 2 hours. All kinds of desserts are offered until the closing of the store. Open for pm-AMA. [Http://www. Weeklies. Com/what-is-a-sweet-tooth.](http://www.Weeklies.Com/what-is-a-sweet-tooth)  
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