



Spring 2023

MagicKitchen.com's Seasonal Newsletter for the best in Delicious Home-style Meals, Delivered.

President's Table

MagicKitchen.com was started in late 2005, in Northern California to support individuals trying to eat healthy in their homes. The concept was to offer “HomeStyle” meals, similar to what you would have had growing up on a Sunday evening at home for a dinner with all the family and/or friends. We wanted to provide these meals to you on a regular basis to ensure our customers ate healthier and did not rely on heavily processed foods/foods with minimal food value/meals from takeout.

Over the years, as our market has expanded to cover the full continental United States and our menu has enlarged to include a variety of special diet meals – low sodium, diabetic friendly, renal diet, dialysis friendly, etc; we now have 2 main parts to our business – the self-pay customer purchasing for themselves or family/friends and the second one, where insurance companies purchase meals for their clients in need, if meals can assist to keep their client healthy. Both sections of the business continue to grow year over year.

In today's world, new buzz-words for meals are coming forward such as “Food is Medicine” and “Medically Tailored Meals”, etc. With this shift in thinking, more people are obviously taking the eating healthier concept to heart. We are seeing somewhat less processing of foods in many venues and people's individual knowledge is growing relative to healthy versus non-healthy foods. In the near future, you will see the positioning of the MagicKitchen.com website and product lines change to better align with this new thinking.

If anyone reading this article has ideas for new products and/or feedback, feel free to contact Greg at Greg@MagicKitchen.com.



Michelle Tayler
President

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Celebrate National Nutrition Month with Healthy Food!

Ever sit down to take a closer look at your diet from day to day? If you've worked with a nutritionist, dietitian, or doctor to fine tune your diet, you probably have.

But the vast majority of people don't do this. In fact, a lot of people get by on less than healthy foods like French fries, burgers, soda, sweet treats, and other heavily processed foods. About 76 percent of adults don't eat enough fruit per day, and about 87 percent don't eat enough vegetables per day.

Poor nutrition has been linked to chronic diseases like obesity, diabetes, certain types of cancer, heart disease, stroke, and other chronic conditions. Malnutrition is particularly a problem among many seniors.

A study published in the journal *Annals of Emergency Medicine*, found that 60 percent of all seniors over age 65 who visit the emergency room aren't eating a balanced diet.

And we want to change that by inviting you to join us in celebrating National Nutrition Month, sponsored by the Academy of Nutrition and Dietetics. MagicKitchen.com began as a business designed to make it easier for seniors to eat balanced, healthy meals.

We've expanded our reach since those early days to include meals for many special dietary needs. But many of our longtime customers are seniors, like one customer we recently heard from:

"I'm a senior and live alone," long-time MagicKitchen.com customer Lorraine said. "I have been ordering monthly for a few years." She recently switched her standing order for vegetarian meals to regular meals. And her taste buds proved it was a smart move after cooking a meal from her new order.

"It was very good, healthy and very easy to heat up," Lorraine said. "Just 5 minutes in my microwave and I had a delicious home cooked meal that I did not have to prepare myself. The variety to choose from is huge, so I know I will never get tired of any of them. And I don't have to go food shopping anymore and lug home bags. I love MagicKitchen.com."

If you're a senior, or know an older person who lives alone, MagicKitchen.com meals can be an easy and healthy way to eat a healthy diet. And even if you're not a senior, but you know your diet needs a makeover, we can help with that, too. Make this month the beginning of eating healthy for the rest of your life!



*Did you ever
stop to taste a
carrot?*

*Not just eat it,
but taste it?*

*You can't taste
the beauty and
energy of the
earth in a
Twinkie.*

*~ Terri
Guillemets*

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Heart-Healthy Habits for Life

Did you know your heart starts beating at about 3 to 4 weeks old in the womb? Your heart and its network of capillaries, veins, and arteries, and strength to keep on pumping for decades is critical to help you enjoy a rich and fulfilling life. So what can you do to keep it healthy?

2 Rules for Everybody to Follow

If you want to keep your heart healthy, follow these two rules:

Rule No. 1 - Eat a healthy diet. More fruits, vegetables, whole grains, nuts, seeds, fish, and legumes. Avoid or limit red meat, and go easy on desserts, sugar-sweetened drinks, and fried foods.

Rule No. 2 — Exercise 30 to 60 minutes a day. You don't have to run a marathon or climb a mountain. But you do need to be active. Try brisk walking, biking, or swimming to keep your heart healthy.

Decades of Heart-Healthy Habits

Your heart grows and develops from birth to old age. And it requires your attention all along the way.

Here's what you can do to protect your heart as you age:

Age 20 to 29 Establish a relationship with a primary care doctor. Make it a habit to get preventive exams once a year to measure heart health and other risk factors for disease. If you smoke, quit. And follow Rules No. 1 and 2.



Age 30 to 39 Talk to your family and heart healthy. Find out if you have a history of heart disease. Model heart-healthy behaviors for your kids. Learn to manage stress in healthy ways. And follow Rules No. 1 and 2.

Age 40 to 49 Maintain a healthy weight or lose weight if you need to through diet and exercise. When you hit your forties, it's typical for metabolism to slow down.

Schedule an exam to get your blood pressure, glucose level, and other biomarkers for heart disease measured. Aim to get 7 to 8 hours of sleep a night, and if you snore, get help. Rules No. 1 and 2 should be habits by now.

Age 50 to 59 Your diet and exercise habits (Rules No. 1 and 2) are critical to maintaining and improving heart health. Stick with it.

Learn the warning signs of a stroke or heart attack, so you know what to do in case something happens. And if you're being treated to keep your heart healthy, follow your doctor's orders.

Age 60 to - The risk for heart disease goes up with age, even if you live a healthy lifestyle (Rules No. 1 and 2). Ask your doctor about an ankle-brachial index test, a special test to measure your blood pressure and heart health.

Keep your weight under control. Review the warning signs of a stroke or heart attack and know how to respond. And enjoy heart-healthy living.





Healthy Eating for Everybody - We're Here to Help

What's for dinner? It doesn't matter what stage of life you're at, it's a question that's going to come up. You gotta eat, right?

Do you need to get dinner on the table for a growing family? Are you looking for ways to eat healthier with a hectic schedule? Are you an empty nester? Need to adjust your diet to improve your health to lose weight, or manage a medical condition?

Eating a balanced diet is important for your health. Your body needs vitamins and nutrients from food for best health. And even though it's convenient, fast food and highly processed meals are often loaded with empty calories, saturated fat, and sodium.

Eat this, not that. Have more fruits and vegetables. Beware of eating too many refined carbohydrates. You've probably heard advice like this before. And if you're really trying to improve your diet, it can be hard to know which voice to listen to. We're here to help.

MagicKitchen.com has been helping people just like you for over a decade. We're here to help with meal nutrition to eat healthy, and manage medical conditions like diabetes, kidney disease, celiac disease, high blood pressure. Our staff includes a team of professional chefs who prepare every meal with fresh ingredients.

Every meal we make was designed and overseen by our registered dietitian, and we regularly examine new research in food sciences to make sure our meals are as healthy as possible. Before you get out your recipe book, go in search of that elusive grocery shopping list that keeps disappearing, or settle for fast food, take a few minutes to check out MagicKitchen.com.

You'll find meal selections for special diets, recommended meals to help you achieve your weight-loss goal, meals for one, and meals big enough to serve an entire family. We're here to help. Check out the menu, pick your favorite meals. And you'll be able to get dinner on the table in minutes



Barley Vegetable Salad

Ingredients:

- 1 four-serving order Barley Vegetable Pilaf
 - 1 fresh tomato, diced
 - 1/2 hothouse cucumber, halved & thinly sliced
 - 1 small sweet red bell pepper, chopped
- Dressing
- 1/4 cup walnut pieces
 - 1 Tbsp white wine vinegar
 - 1 Tbsp lemon juice
 - 2 Tbsp olive oil
 - 1 Tbsp minced fresh basil or 1 tsp dried salt and pepper to taste

1. Thaw the pilaf and place in a salad bowl. Add the tomato, cucumber and sweet pepper, and toss gently.
 2. Toast walnut pieces in a small dry frying pan. Watch them carefully so that they don't burn. Take out of pan and set aside.
 2. Mix together vinegar & lemon juice in a small bowl. Slowly drizzle in olive oil while whisking, to create a thick emulsified dressing. Add more oil if needed.
 3. Stir in basil and walnuts. Salt & pepper to taste.
 4. Toss all ingredients together.
- Serves 4 as a main course