



Summer 2013

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

President's Table

Ah summer – the season for sunbathing, baseball games and picnics in neighborhood parks. Who can blame us for loving this time of the year?

And yet, we know summer can also be an incredibly busy season for our customers. That's why we're always trying to find ways to make your lives easier – and tastier – by bringing you a full and diverse menu of chef-prepared meals. Instead of slaving over the hot stove this season or worrying about preparing generous party spreads, let us handle the cooking for you. We've bulked up our food offerings to deliver you new dishes (page 3) and are also highlighting some perfect options for hot summer days (page 4).

So go ahead and read on to see what we have to offer. Then visit MagicKitchen.com, place your order and get back to enjoying the best the season has to offer whether you spend your time swimming at the beach or sneaking in a nap in your favorite hammock.

This year also marks our eighth birthday as a company. It's hard to believe we've been sending out our chef-prepared meals for eight years, and we know we couldn't have got here without dear and loyal customers like you. So we extend our heartfelt thanks for supporting our business and promise to continue serving you for many more years.

Michelle Tayler
President

Greg Miller
CEO



*"A perfect
summer day is
when the sun is
shining, the breeze
is blowing, the
birds are singing,
and the lawn mower
is broken."
~ James Dent*



www.magickitchen.com



Gifts for Everyone on Your List

If your social calendar looks anything like ours does this summer, you've got a full slate of activities ahead. If, like us, you've got baby showers, weddings, graduation parties and more penciled into your planner from now until Labor Day, we invite you to visit MagicKitchen.com and discover our wide selection of gourmet gifts. We've got everything from a New Parents Congratulations meal bundle to a Meals for College Students package to offer.

All of our gifts are great, but we think our Group Gift Certificate is the best option of the whole bunch. It's an ideal choice for wedding, baby shower and graduation gifts because it allows you to set up one gift certificate and invite fellow party guests to contribute funds to it. No matter the amount, we're certain the gift recipient will appreciate the thought, and the freezer full of delicious meals your gift will afford them.

Stock Up for Summer

Long summer days bring plenty of opportunities to gather with friends and family – though the prep involved in preparing for these gatherings is no small task. Whether you're hosting an intimate outdoor dinner or organizing a block party for the entire neighborhood, we're dedicated to making your role as party host easier. Our suggestion? Simply place your order for a few easy-to-prepare meals at MagicKitchen.com and consider your party prep done.

For starters, you will not believe how good our Corned Beef Brisket is when you thinly slice it and pile it on fresh buns slathered with a little Dijon mustard. We also recommend our incredibly tender grain-fed Filet Mignon, which arrives on your doorstep all set to throw on the grill. For side dish solutions, look no further than our deeply smoky BBQ Baked Beans, bestselling Stuffed Baked Potatoes and Verdura Gourmet Artisan Flatbread with Kalamata Olives. And for dessert, try serving our classic Panna Cotta half thawed for a rich and chilly dessert. Or, set out a tray filled with slices of our tangy Lemon Loaf or squares of dense, chewy Double Fudge Brownies to end the night on a very sweet note.



www.magickitchen.com



Menu Updates

Whether you're a regular customer or brand new to MagicKitchen.com's services, we bet you're eager to learn about our newest menu items. In the past few months, we've updated our Home-Style menu with a killer chicken dinner, two new breads and a dessert that will have everyone begging for seconds.

Your New Chicken Dinner

If you're tired of dry, boring chicken dinners, you'll love our new Chicken Caprese meal. We suggest serving it alongside our Rice Pilaf and Creamy Spinach for an impressive Italian-themed meal.

Breads for the Breadbasket

Plain old dinner rolls have little appeal when pitted against our newest breads. We've flavored our new Herb Focaccia simply with fresh herbs and olive oil to create an addictive oven-baked flatbread. And our new Onion Poppyseed Rolls are scrumptious and light as a feather. We like serving them as a side dish for any of our soups or as part of a vegetarian meal.

Sweets for the Whole Family

Fans of classic lemon bars will love our new Lemon Tarte. The jolt of lemon flavor it delivers in every bite is incredible. We've also added a double-layer Mocha Cream Cake to our dessert menu. With its velvety mocha filling and rich cream cheese frosting, it's sure to please the chocolate lovers among us. The best news of all, however, is that these new desserts are available in family size servings so you'll have plenty of sweets to share with a large family or party guests.

Good News for Diners with Special Diets

This summer, we've added two new ten-pack meals to our renal meals program and updated our low-sodium, diabetic and senior menus to give clients with special diets even more variety come mealtime. The wide selection ranges from a meaty Beef Lasagna with a Zucchini and Onion Sauté to an herby Lemon-Rosemary Pork served with Savory Rice and Glazed Carrots to an exotic Sweet and Sour Chicken served with Zucchini and Onion Sauté. Craving more? Try our new Ground Turkey with Creamy Noodles and Zucchini Onion Sauté, a hearty order of Barley and Beef Stew or our Turkey Meatloaf with Rice Pilaf and Zucchini Sauté.

Diabetics in particular will find even more to love on MagicKitchen.com. We've just added four new ten-pack meals to our diabetic meal program and a handful of enticing new dishes including Bruschetta Chicken, Cheese Manicotti, Chicken Parmesan, Ginger Pepper Beef, Honey Mustard Chicken and Rosemary Chicken. That's enough to keep you well fed for a week or more!

Yes, Chef!

Seared Salmon Salad

Microwave our seared salmon fillet to avoid the chore of cooking on a hot summer day. This light summer salad complements the salmon perfectly and fills your plate with cool, crisp vegetables.

Serves 2 to 4

2 servings MagicKitchen.com
Seared Salmon Fillet

1 (5-ounce) bag baby spinach
1 large yellow bell pepper,
trimmed, cored and thinly sliced
1 avocado, pitted, peeled and
roughly diced

1 cup thinly sliced cucumber
Your favorite vinaigrette or
Italian salad dressing, homemade
or storebought

Prepare the salmon fillets according to the instructions on the package.

Meanwhile, in a large bowl, toss the spinach with the bell pepper, avocado and cucumber until combined. Add the dressing to taste and divide the salad among 2 or 4 plates. Divide the salmon among the plates and serve immediately.

www.magickitchen.com



Healthy Summer Eating

Summer diets don't have to be about deprivation. We promise you can eat healthy and keep your weight in check by tweaking your diet in subtle ways. In addition to trying some of our low-fat, low-sodium or vegetarian meals this season, we recommend trying out these ten tips.

1. Fill at least half your plate with brightly colored fruits and vegetables. They're low in calories and chock-full of antioxidants. Plus, they'll help you keep the serving sizes of other foods on your plate in check.
2. Rely on fresh summer herbs like basil and mint to add flavor to meals without a ton of calories or any fat.
3. When you're enjoying a summer road trip, say yes to snacks like sparkling water, homemade trail mix and hummus and raw vegetables and no to greasy potato chips and soda fountain soft drinks.
4. Remember you can toss more than burgers on the barbecue. Try grilling lean meats like chicken or turkey or even vegetables to add variety to your diet this summer.
5. If you are grilling hot dogs or burgers, serve them in whole grain buns and make sure your condiment table includes plenty of healthy vegetables.
6. Replace the croutons in your favorite summer salads with a handful of toasted sunflower seeds to add crunch to the recipe in a healthier way.
7. Bringing potato salad to a potluck? Skip the mayo and dress it in a healthy olive oil-based vinaigrette instead.
8. Drink water between meals. It's a calorie-free way to satisfy your body's need for more fluid on hot summer days and will also help keep you feeling full between meals.
9. At parties and bars, skip the frozen margaritas and instead choose a glass of antioxidant-rich wine or tequila and seltzer on the rocks.
10. Swap your post-dinner ice cream for a chilly fruit popsicle or scoop of sorbet.

Fundraising Help

We're always looking for ways to give back, which is why we've joined the online-based fundraising movement with the launch of our Healthy Meals Fundraising program. The program sets up your non-profit group's fundraiser to sell MagicKitchen.com's chef-prepared, health-conscious meals and makes it easy for you to meet your fundraising goals by handling all the back end work for you. (Yes, that means we take care of the orders, deliveries and accounting for you.) Your role is solely to spread the word about the fundraiser to promote the meals and your cause. Interested in learning more?

Go to <http://www.healthymealsfundraising.com/> to investigate our fundraising tools.