



Summer 2015

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

President's Table

Eating healthy can be a challenge for a lot of different reasons. A hectic schedule, cooking for people with different dietary needs, eating alone, or trying to adjust your diet to lose weight are just a few reasons, but there are many others.

All too often, people turn to fast food options when they're short on time. And it shows. An estimated 69 percent of adults in the U.S. are overweight or obese, according to the Centers for Disease Control and Prevention. Heart disease is the leading cause of death and diabetes isn't far behind. Yet, these conditions are largely preventable by eating a healthy diet.

When we established MagicKitchen.com back in 2005, we set out to create healthy and easy-to-make meals. Eating healthy or adjusting your diet because of a medical condition doesn't have to be stressful or require large amounts of time in the kitchen when you eat with us.

Our large selection of meals are made by our chefs from fresh high-quality ingredients without preservatives (except as required by the FDA).

We've taken the guesswork out of healthy meal planning by providing you with ample options you can enjoy for breakfast, lunch, dinner, snacks, and even a few desserts. And if you're tracking your points and your pounds, we calculate Weight Watchers PointsPlus® on our meals to help you stay on track.

Our meals take the pressure off of you, so you can enjoy life and have time for other things. Combine healthy eating with regular exercise, and you'll feel better, have more energy, and improve your overall health. Make MagicKitchen.com meals part of a healthy lifestyle, and we'll help you shorten your to-do list, reduce stress, and get the most out of life.

Michelle Tayler
President

Greg Miller
CEO



*Food - taken to
support life*

*Wine - taken to enrich
life*

*Food and Wine - taken
to fulfill life*

~John Kenneth Galbraith

www.magickitchen.com



Menu Updates: What's coming?

Take a look at your menu for a week or two, and you'll probably discover that you frequently eat the same foods. That's great as long as you're eating healthy food. Even if you already eat well, adding variety to your diet is good for your health and pleases your palate. That's why we're continuing to expand our menu with two new entrees, several new desserts, and more vegetarian options.

Enjoyable Entrees

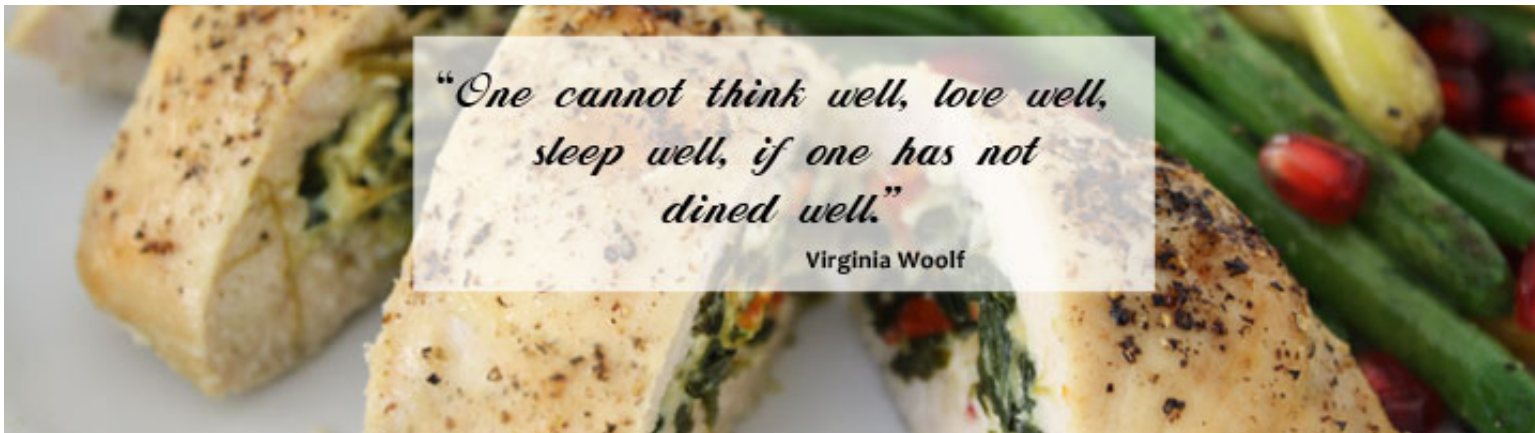
For seafood and pasta fans, we're adding Lobster Ravioli. Luscious lobster, wrapped in hand-made pasta, with a delicious sauce. Something to look forward to! And for leafy-green lovers who want a taste of Italy, we're adding Spinach & Cheese Manicotti with a Marinara Sauce. Our chef hails from Italy, and Francesco knows Italian!

Delicious Desserts

Just about everyone enjoys dessert now and then. Everything in moderation is the rule for a healthy life. Additions to our expanding dessert line include some old favorites like Ricotta Cheesecake with a Chocolate Crust, and Cinnamon Raisin Bread Pudding with Caramel-Rum Sauce. Rugulach, hand-rolled pastries with fruit and nut filling and rolled in cinnamon & brown sugar, is already back on the menu, due to popular demand. And we mean our customers demanded it! Other delicious additions include moist, sweet but not-too-sweet Carrot, Zucchini & Walnut Muffins and Banana Bread.

Vegetarian Meals

Did you know an estimated 22.8 million people in the United States follow a vegetarian diet all the time, or most of the time? Research published in the study Vegetarianism in America shows that going vegetarian is on the rise. So we sent our chefs back to the test kitchen to create some new mouth-watering meals for vegetarians like Eggplant Parmigiana with Whole Wheat Fettuccine & Marinara Sauce and Spinach Mushroom Lasagna with Garlic Green Beans. Those are in addition to our already-popular Crustless Spinach Quiche, Eggplant Parmigiana, Fire-Roasted Vegetables en Croûte and more than 36 other items on the Vegetarian menu.



*"One cannot think well, love well,
sleep well, if one has not
dined well."*

Virginia Woolf

www.magickitchen.com



New Categories

When you're on the go or just get a craving for a snack, it can derail your diet in a hurry if you're not prepared. It's a recipe for disaster when you're trying to manage your weight or need to follow a specific diet based on your health.

Give in to the craving, and you just might scarf down a candy bar, slurp a milkshake, or even indulge in both. If you want to stick to eating a healthy diet, you need to have a plan to handle your next snack attack. And we can help.

We recently added Snacks to our Homestyle Menu and Special Diets Menu made by Quest Nutrition. These snack bars were created by a team of health and nutrition experts who recognized a need for healthier bars suitable for a snack or even to serve as a meal replacement. Instead of heading to the vending machine where you'll probably only find chips and candy bars, keeping a Quest bar on hand can help you control cravings and satisfy your hunger.



We've also added new categories to our Special Diets Menu. Adjusting your diet based on a health condition can be a challenge, especially when you're newly diagnosed. And we want to make it easier to eat healthy. That's why we've added new categories to help you make meal choices that are Low-Carb, Heart-Healthy, and Gluten Free.

Feedback for a Chance at \$250!

Customer feedback provides us with valuable information to improve the MagicKitchen.com website and shopping experience. We also love collecting your ideas for new recipes, meals, snacks and desserts to consider adding to our selection of great food made from fresh ingredients. Our professional chefs always look forward to experimenting in our test kitchen with your ideas to add to the menu.

Have a suggestion to improve the site, ways to enhance customer service, or wish-list menu item that makes you salivate? Let us know and we'll enter you in a drawing for a \$250 gift certificate. Submit your comments, ideas, and feedback by July 12 to comments@magickitchen.com to be eligible for the drawing, which will take place July 30, 2015.



www.magickitchen.com



Stock Up for Summer

What do you do in the summer time? Chances are pretty good you've got a long list of things you enjoy about summer, like taking vacations, swimming, spending time with friends, caring for your garden, or fitting in as much family time as possible before the kids go back to school.

It can get a little crazy trying to make time for all your favorite summertime activities. When that happens, it's easy to make delivery pizza and fast food burgers a mainstay of your diet. But these are hardly healthy foods you should eat on a regular basis. And if you plan to host a backyard barbecue, will you be stuck in the kitchen or at the grill instead of visiting with your guests? Fortunately, a little planning can help you get the most out of summer and still eat healthy.

If you know you're going to be ultra-busy and prep time in the kitchen will be limited, you don't need to settle for fried food loaded with fat and calories to fill your stomach. Plan ahead and pick out healthy meals from MagicKitchen.com that can be ready to eat in just a few minutes. Stocking your freezer with your favorite entrees will help make mealtime stress-free all summer long.

Some of our most popular meals include Verdura Gourmet Artisan Flatbread with Kalamata Olives, Spinach Mushroom Lasagna With Light Pesto Sauce, Macaroni and Cheese, and Eggplant Parmigiana, among others.

If you're hosting a meal for family and friends, MagicKitchen.com can cater the feast with meal options for everyone on the guest list, even for those who may be following a specific diet. Check out all the Special Menu meal options [here](#).

When you can open your freezer and take your pick from a stockpile of healthy meals, you'll realize cooking during the summer doesn't have to be hard, heat up your kitchen, or keep you from doing the things you love. Trust MagicKitchen.com, and stock up!

