



Summer 2021

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, and even a few desserts.

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



"Summer has a flavor like no other. Always fresh and simmered in sunshine."

-Oprah Winfrey

www.magickitchen.com



Meal Programs: Take a Break from Cooking

Even if you like to cook, sometimes it can be a chore. You're missing ingredients. You're pressed for time. You have picky eaters. Or you need to make your meals based on special dietary needs for you or someone else. Sound familiar?

A lot of people eat at least three meals a day (breakfast, lunch, and dinner). In a year, that means you'll need to come up with over 1,000 meal ideas. Sticking with some of your favorites can help you plan your menu, and a little variety is nice too. But to eat healthy and tasty meals day after day, is there some kind of secret to making prep and cooking time in the kitchen a little easier?

[Sign Up for the Meal Program >>](#)

Yes. It's the MagicKitchen.com Meal Program. We created a Meal Program service to make meal planning and cooking a lot easier, for you or someone you care about. Pick a selection of your favorite meals, and we'll ship you an order once a week, every two weeks, or once a month.

After you receive your first order, we'll follow up to find out what you liked and refine your meal plan for your next order.

We'll comb through our long list of entrees, side dishes, and desserts to create a rotation of meals based on your tastes and needs. Then we'll ship another order of meals to you based on the schedule you picked.

When it's time to eat, all you have to do is open the freezer and pick from your selection of meals. And in just a few minutes, you'll be ready to eat a hot and healthy meal made from fresh ingredients.

Our flexible Meal Program is designed to make it as easy as possible for you to keep healthy meals on hand. You can try it out for a few weeks, or a few months.

The MagicKitchen.com Meal Program can make life a lot easier for you. And it can make a great gift for someone you care about, like this customer:

"The food was fresh and delicious," says Sandi D. "I did not even pay attention to what I grabbed out of my freezer for lunch or dinner, because I knew it was going to be perfect. It was colorful and tasty. I especially liked that there were no preservatives used in the products."

If you don't enjoy an entrée included in your order, we'll credit you for the meal or replace it with something you will enjoy. We'll regularly check in with you to find out what foods you like to refine the selection of meals we send you.

And there's no contract involved. You can put your orders on hold or stop orders anytime. You can try it out as long as you want. Or choose a fixed time frame for the Meal Program. We'll keep your freezer stocked with fresh and healthy meals, and you won't have to worry about what to make when it's time to eat.

Want to take a break from cooking for a while? Have someone on your gift list who could use a steady supply of healthy meals made from fresh ingredients? Give the MagicKitchen.com Meal Program a try.



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Dishes to Beat the Heat

With temperatures already over 100 this summer, we realize you aren't always in the mood to turn on the stove. Fortunately, our heat & eat meals allow you to prepare a hot dinner without heating up the kitchen. This summer, we're counting on some of our bestselling dishes to provide clients with proper nutrition and a quick, easy meal. Here are a few of our favorites.

BBQ Boom

We know that summer calls for barbecue fare so we've loaded our menu with options. Don't miss our zesty, slow-cooked Pork Burnt Ends in BBQ Sauce or our tender BBQ Beef Brisket. Both dishes go great with sides like our Fresh Cut Corn Medley, Stuffed Baked Potato and Mexican Style Street Corn.



Light and Healthy Sides

You could round out a picnic spread with our delicious sides. This summer, try our Buttered Carrots, Orzo & Spinach with Caponata Sauce or our satisfying Barley Vegetable Pilaf. We like to serve the high fiber pilaf on its own or in a quick salad with fresh salad vegetables and your favorite bottled dressing.



Picnic-Worthy Desserts

If you haven't tried our Family Size Lemon Tarte, it's time to place your order. A flaky hand-made crust surrounds a tart and sweet lemon filling, making a delicious end to a meal. Feeling less adventurous? We've got classics to take you into fall including our Handmade Rugulach Pastries and a customer favorite, our double chocolate fudge brownie!



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. (like our Sin-free Sorbets!)

Seven Easy steps to make summer fun!

1) Visit our website at MagicKitchen.com for our selections, directions and inspiration. Try our individual items, meal packages and delicious treats. Pay as you go, no contracts!

2) Order your meals from our catalog of chef-prepared items.

3) Your order will be delivered in a timely manner.

4) Store your meals in the freezer until required. (This makes meal planning a breeze).

5) In the morning, take a meal from the freezer and place it in the refrigerator.

6) When returning home that evening, heat the meal for 10-15 minutes in your oven or microwave. Heating instructions included with each item. Just heat & eat!

7) Serve with a salad or one of our healthy sides, and one of our desserts. You have a healthy, wholesome meal that is comforting, economical and delicious.