



Summer 2018

*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. 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.



"We all eat, and it would be a sad waste of opportunity to eat badly."

—Anna Thomas, writer of  
The Vegetarian Epicure

**Michelle Tayler**  
President

**Greg Miller**  
CEO

[www.magickitchen.com](http://www.magickitchen.com)



## Meals to Beat the Heat

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 our easy and fantastic flatbreads, Spinach Mushroom Lasagna With Light Pesto Sauce, Salmon Caponata, 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!



[www.magickitchen.com](http://www.magickitchen.com)



# A Little Summer Fun for Everyone

If your kids are home for summer vacation, or you're getting some grandparent time with the little ones, you've got to make the most of your time together. Turn off the TV, put away the electronics, and have some fun.

Turn your kitchen into a cooking lab and make healthy snacks and treats together like fruit and veggie gelatin gummies, or some kid-friendly cookies. Get the kids involved and let them measure, mix, and munch on their creations.

Let the kids be mad scientists for a day. Put those busy brains and creative minds to work on simple science experiences with some serious wow-factor like Lemon Sudsy Eruptions, the Tea Bag Rocket, or the Ivory Soap Monster.

Get wet. You don't have to head to the beach, pool, or lake to cool off on a hot summer day. Load up some squirt guns and balloons for a water fight. Or get under the sprinkler and turn on the hose for some fun in the sun.

Get out and enjoy being active. Whether you have kids around during the summer or not, plan on spending time outdoors. Go for a walk. Visit a park. Plan a picnic. Or spend some time fishing, bird watching, or playing a friendly game of croquet. When you're busy and active, you'll make the most of the summer season, and create lasting memories with your family and friends.

Leave meal planning to us. You'll have even more time to enjoy the care-free days of summer, if you stock up on meals from MagicKitchen.com. Our tasty and healthy selection of ready-to-eat meals for breakfast, lunch, and dinner, only take a few minutes to prepare in the microwave.

And there's something for everyone, including picky eaters, and those who need to follow a specific diet for health reasons. Take a look at our a la carte meals and complete meals and let us help you plan a summer to remember served with plenty of good food, some adventure, and lots of laughter.



## Yes, Chef!

### Shrimp Salad

- 1 lb. medium shrimp
- 1/4 c. Greek yogurt
- 2 Tbsp. mayonnaise
- 2 tsp. freshly-squeezed lemon juice
- 1 Tbsp. chopped fresh dill
- 1/2 Tbsp. chopped fresh lemon thyme leaves
- 1 Tbsp. chopped fresh parsley leaves
- Freshly ground black pepper
- 8 large lettuce leaves

1. Cook the shrimp in a small amount of water until just cooked.

Transfer to a bowl of ice water to cool. Peel and devein shrimp.

2. Mix yogurt, mayonnaise, lemon juice, and herbs in a medium bowl.

3. Add shrimp, season with pepper, and toss to coat.

Place 2 lettuce leaves on each plate, and place portions of shrimp salad on top.

Serves 4





## Camping: Take MagicKitchen.com Meals on the Road

If you're getting the urge to go camping, you're not alone. An estimated 40 million people a year go camping during the summer months in the United States. And many who hit the road for a trip to the lake, mountains, or resort destination make the trip in an RV. Your home on wheels is a perfect way to travel without giving up all the amenities from home, and that includes the microwave.

And that's more important than you might think. Going on vacation is supposed to provide you with a break from the daily grind, rush-hour traffic, deadlines at the office, and the never ending battle over what to eat for dinner and who's going to do the dishes. Make sure your RV microwave and freezer are in work-ing order, and you'll discover a whole new meaning to "rest and relaxation" on your next vacation.

That's because you can pack along your favorite MagicKitchen.com meals in your RV, and cook up home-style meals in minutes in the microwave. Take a look at the meal options before you go, and you'll find healthy and delicious entrées everyone will like such as Crustless Spinach Quiche, Eggplant Parmigiana, and Macaroni and Cheese. But there's more than just breakfast, lunch, and dinner. You'll even find soups, breads, appetizers, and desserts that you can make in the microwave to enjoy with a meal or as a snack.

You can still enjoy the warmth of a campfire, roast marshmallows, and enjoy the ambiance of the flickering flames when you're RV camping. But with meals from MagicKitchen, you won't have to worry about try-ing to cook over an open flame, scrape out the frying pan, or do the dishes. Just microwave your favorite meals and enjoy. Now that sounds more like a vacation doesn't it?



[www.magickitchen.com](http://www.magickitchen.com)