



Winter 2024

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

President's Table

After another bustling Thanksgiving and Holiday season, the cleanup is finally done. At MagicKitchen.com, it's always a delight to welcome new customers, many of whom are ordering for the first time, whether it's for their loved ones or to kickstart a journey toward a healthier lifestyle. As the saying goes, "You are what you eat!" It's a notion that resonates strongly, emphasizing how a proper diet can control or minimize various ailments. In this edition of Morsels, our focus revolves around Eating Healthy and Spending Quality Family Time.

We also are excited about a new rebate program we are offering called Magic Meals Rebate Program. It is an opportunity for you to enjoy remarkable savings every time you order from MagicKitchen.com. We will automatically enroll all of our customers who make a purchase and reward them with a **6% back rebate** at the end of each quarter if they order over \$350 worth of product per quarter.

This year we are creating healthy and delicious meals to add to our menu, check out a sample of some of our newest menu items and some tips for keeping healthy this winter and taking care of your body.

Michelle Tayler
President

Greg Miller
CEO



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Menu Updates!

We have some healthy and delicious new menu items we are excited to share with you.



Peach Oatmeal

Revel in the delightful harmony of wholesome oats, creamy milk, peaches, golden raisins, and the aromatic blend of vanilla and ground cinnamon



Salmon Caponata with Orzo & Spinach

Savor the rich flavors of wild salmon paired with orzo pasta and spinach, topped with a luscious caponata blend of zucchini, eggplant, tomatoes, olives, and aromatic herbs



Vegetable Pasta Chicken Soup

Tender, bite-sized chicken mingles with Fusili pasta, while a rainbow of chopped veggies, carrots, celery, onions, and more!



Cream of Potato Soup

Savor the exquisite taste of our Pesto Pizza, where fragrant basil pesto, juicy tomatoes, and melt-in-your-mouth mozzarella unite on a delightful crust, creating a mouthwatering masterpiece.

Gentle At-Home Exercise Routine for Seniors

Maintaining an active lifestyle is crucial for seniors to enhance flexibility, strength, and overall well-being. Remember to consult with a healthcare professional before starting any new exercise program.

1. Seated Marching (5 minutes)

- Sit comfortably in a sturdy chair with your feet flat on the floor.
- Lift one knee toward your chest, then lower it back down. Alternate between legs.
- Engage your core and keep your back straight.
- Continue this marching motion for 5 minutes. This exercise improves circulation, warms up the lower body, and strengthens the abdominal muscles.

2. Wall Push-Ups (3 sets of 10)

- Stand facing a sturdy wall with your arms extended at shoulder height, palms flat against the wall.
- Take a step back, keeping your feet hip-width apart.
- Bend your elbows and lower your chest towards the wall, then push back to the starting position.
- Complete 3 sets of 10 wall push-ups. This exercise strengthens the chest, shoulders, and arms, promoting upper body strength



MagicKitchen.com: Crafting Wellness, One Healthy Meal at a Time

In a world where wellness is a universal goal, adopting a balanced and nutritious diet is key to achieving optimal health. Healthy eating transcends age, background, and medical conditions, offering a foundation for overall well-being. Prioritizing nutrient-rich foods, such as fruits, vegetables, whole grains, and lean proteins, fosters vitality and longevity.

For over a decade, Magickitchen.com has been a beacon of support, revolutionizing the way people approach healthy eating. Specializing in delicious, nutritious and convenient foods, the platform addresses specific dietary needs, aiding those with conditions like diabetes, kidney disease, celiac disease, and high blood pressure. With a team of professional chefs crafting each meal from fresh ingredients, every dish undergoes meticulous oversight from registered dietitians.

Magickitchen.com is committed to staying abreast of the latest research in food sciences, ensuring their offerings are at the forefront of health-conscious cuisine. Before delving into your recipe book, take a moment to explore the comprehensive meal solutions at MagicKitchen.com – a trusted ally on your journey to vibrant health.



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." - Edith Sitwell"

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Family-Size Chicken and Rice Casserole

Prep Time: 15-20 minutes

Cook Time: 25-30 minutes

Serves: 6-8

*Yes,
Chef!*

Ingredients:

- 4 cups cooked and shredded chicken
- 3 cups cooked white rice
- 4 svgs (8 oz each) of thawed MagicKitchen.com Cream of Mushroom Soup
- 2 cups mixed vegetables (peas, carrots, corn)
- 1 1/2 cups shredded cheddar cheese
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a large mixing bowl, combine the shredded chicken, cooked rice, MagicKitchen.com Cream of Mushroom Soup, mixed vegetables, and half of the shredded cheddar cheese. Mix well until all ingredients are evenly incorporated.
3. Season the mixture with salt and pepper to taste. Stir again to ensure the seasoning is evenly distributed.
4. Transfer the mixture into a greased 9x13-inch baking dish, spreading it out evenly.
5. Sprinkle the remaining shredded cheddar cheese over the top of the casserole.
6. Bake in the preheated oven for 25-30 minutes or until the casserole is heated through, and the cheese on top is melted and bubbly.
7. Remove from the oven and let it rest for a few minutes before serving.



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