



A Message From Chef Mike

Happy Valentine's Day from all of us at Southern Foods At Home!

This month, we're featuring heart-healthy suggestions to keep your plate colorful and your body feeling great! You'll love our resident health expert Dana Yarn's article on 'Red Foods' and

the power of lycopene to boost your immune system. If you're an exercise buff, you won't want to miss our fitness guru, Kim Kantor's piece on how to prevent muscle cramping - especially

helpful for those winter workouts.

Our recipe of the month will make any sweetheart smile when you cook up my savory **Pork Chops with Brandy Cream Sauce**. It may be cold outside but this scrumptious meal will warm your heart and makes for the *perfect* Valentine's dinner!

As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please e-mail me at ChefMike@SouthernFoodsAtHome.com. Have a great February, a lovely Valentine's Day, and thank you so much for your business.

Southern Foods At Home Recipe Of The Month - Pork Chops with Brandy Cream Sauce

Serves 4

- 4 (4-ounce) Southern Foods boneless center-cut pork loin chops (1/2-inch thick)
- 1/2 tsp salt
- 1/2 tsp coarsely ground pepper
- 2 tbsp butter
- 2 minced shallots
- 1/3 cup brandy
- 1-1/2 tbsp Dijon mustard
- 1/2 cup heavy cream

1. Sprinkle both sides of pork chops evenly with salt and pepper.
2. Add butter to skillet and place over medium-high heat until hot. Then, add chops and cook 3 to 4 minutes on each side or until cooked through.
3. Remove chops from pan and keep warm.

4. For sauce, add shallots to the skillet and stir until translucent, then add brandy and stir. Reduce by half.
5. Once reduced, add Dijon mustard and cream to pan and simmer 5-7 minutes or until sauce is thickened slightly.

6. Spoon sauce over chops.



You can watch a video demonstration of me preparing this savory recipe at www.SouthernFoodsAtHome.com!

Enjoy! Chef Mike

Don't Let Muscle Cramps Cramp Your Style! - Kim Kantor, Ms. Fitness Southeast

Do you have a problem with muscle cramping during exercise? If so, you may not be getting the hydration you need. Sweating due to heat and exertion causes you to lose electrolytes and fluid in the space between your muscles. This causes cramping, which can quickly spread throughout your body. To prevent cramping, drink water every 15 minutes while working out and try to consume at least 96 ounces of fluids per day.

Make sure to also avoid anything with high amounts of caffeine including coffee, soda, or chocolate. Instead, look for foods that alkalize the body - sweet potatoes, bananas, carrots (for potassium); nuts, beans, and oats (for magnesium); and dark leafy greens (for calcium).

If you're taking medications, monitor them. Certain medicines can lead to dehydration, which can also cause cramping, especially in the legs. Cramp inducing drugs

include diuretics and prescription medication for asthma, high cholesterol, high blood pressure, Parkinson's and Alzheimer's disease.

Finally, if you're in the middle of an activity when a cramping spasm occurs, slow down, or stop the activity altogether. Cramp symptoms are similar to a muscle tear or pull and continuing can make it worse. You may need to stretch, take a break and rehydrate. If you experience cramping, talk with a trainer. Sometimes, the problem can be fixed by adjusting something as simple as the seat on your bike or getting a new pair of shoes. Keep up with your fitness routine this year, and don't let muscle cramps slow you down!



Customer Profile: Dr. Mark DeBrincat Adjusts His Patients Inside And Out

Dr. Mark DeBrincat has never been a stranger to healthy eating. A practicing chiropractor and partner at Foothills Chiropractic in Marble Hill, GA, Dr. DeBrincat was raised eating natural food. After a near death auto accident years ago, his life was changed forever and he made the choice to dedicate his life to helping others thorough medicine and nutrition.

Five years ago, Dr. DeBrincat was introduced to Southern Foods At Home by a friend and has been hooked ever since. "I was spending a lot of time and money at expensive organic and health food stores before I knew about Southern Foods At Home," he says. "But the drive to these stores was over an hour away and the food was extremely overpriced." Now, Dr. DeBrincat not only receives regular Southern Foods deliveries at his own home, but has also referred many of his patients to the service as well. "It's what I call a no-brainer, not only because of the convenience and price, but because of the quality of the food," he says.

That quality is something that Dr. DeBrincat feels has made a tremendous difference in his life and the lives of his patients. While chiropractic work is typically done on the outside of the body, Dr. DeBrincat also focuses on the synergy that occurs between the outside and the inside. "The work that I do is much more than chiropractic adjusting," he explains. "It's everything

you do. Because your nervous system controls everything in your body, it must function properly. The best way to make it do this is with proper diet and nutrients enabling your body to produce healthy cells."

Dr. DeBrincat feels strongly that his patients' and his own family's health have improved because of their superior diet. "When I get a patient to eat healthier and eliminate toxins from their diet, my program provides better and quicker results. That's why I am such a big believer in Southern Foods At Home."

We're pleased to share Dr. DeBrincat's story and are proud that our food is a part of his regimen for health and wellness.

Do you have an inspiring story about how Southern Foods At Home has improved your life? We want to know! Send us your story via email to ChefMike@SouthernFoodsAtHome.com. You just may be featured in our newsletter!

Foothills Chiropractic is an entire wellness center, specializing in chiropractic, physical therapy, spinal decompression, nutrition, diet, sports injuries, arthritis, and even pediatric care. For more information about Dr. DeBrincat and Foothills Chiropractic, log on to www.foothillsdoctor.com.



Newly Expanded Referral Program! Now Three Ways To Be Rewarded!

Did you know that more than half of our business comes from the referrals we receive from wonderful customers like you? If you know of a friend or neighbor who could benefit from our service, please let them know about us! As a token of our appreciation, you will receive a \$100 bonus for each referral that joins the Southern Foods At Home family, **but you now have three ways to use your reward**:

- 1) For each referral, get a \$100 credit towards your next reorder *and* the free dessert of your choice.
- 2) **NEW!** Use your \$100 credit **immediately** and apply it toward your existing monthly invoice! No need to wait until your next reorder!
- 3) **NEW!** Save up 12 referral credits between reorder cycles and **your next reorder is 100% FREE, regardless of size!** (*reorder must be approximately the same size as your previous orders).

Many of our customers receive several hundred dollars in referral credits each month, and several even get their entire reorder free! Here are some of our loyal customers who recently received free orders because of their multiple referrals!

Tom & Julie Shefchunas - 1 Free Order
Glenn & Leigh Bethek - 1 Free Order
Tom & Cher Sexton - 1 Free Order
Mark & Kristi Debrincat - 3 Free Orders
John & Julie Marlow - 1 Free Order
Ray & Suzi Debrincat - 2 Free Orders
Steven & Kathy Canavan - 1 Free Order
Andy & Nikki Christiansen - 1 Free Order
Dr. William & Sharon Keating - 1 Free Order

I hope you will consider referring us not just for the reward, but because you believe we provide better, healthier food. To refer a friend, simply fill out the easy referral form at www.SouthernFoodsAtHome.com/refer or send an email to ChefMike@SouthernFoodsAtHome.com. We'll take special care of your friends and even give them a surprise gift from you.

Thank you for your support!



NEW!

In Our Customer's Words

"I have been with Southern Foods At Home for over six months and the service and quality of the food is incredible. The individual servings make it easier for me to control my portions and the food is extremely lean and fresh. I have been a competitive bodybuilder and personal trainer for years and this service makes it easier for me to be "good" on my meal plan. I HIGHLY recommend it to everyone!"

Herb Cables III
Regional Training Specialist
BSC, Human Performance, NASM-CPT



This February, Eat **Red!** - Dana Yarn, RDL

In honor of Valentine's Day, let's focus on the benefits of incorporating vibrant red foods into your diet. Bright red foods are not only nice to look at but also pack a punch, giving fruits and veggies a lot of their nutritional power. Did you know that rosy red cherries, strawberries, and peppers share some of the same beneficial nutrients?

The first thing I do when I sit down with someone for a nutrition consultation is analyze their food journal for a week. One of the most common modifications I recommend is to incorporate more color. It usually comes as a surprise to my clients because color isn't something they normally think about as it relates to nutrition. But the truth is, colorful fruits and vegetables make you feel *and* look good. The antioxidants, vitamins and minerals provide your body with the nutrients you need for increased energy, good skin and immune defense.

Red fruits and vegetables such as peppers, strawberries, tomatoes, cherries, and raspberries all contain powerful antioxidants that help prevent certain cancers and heart disease. The most talked about red food nutrient is **lycopene**, which is mainly found in tomatoes, tomato products and watermelon. Studies have shown that lycopene can dramatically reduce the risk of developing prostate cancers. For women, lycopene has also been shown to reduce the risk of developing certain breast, stomach and lung cancers.

Red Foods To Eat:

- Red Apples
- Red Grapes
- Raspberries
- Cranberries
- Cherries
- Strawberries
- Watermelon
- Beets
- Red Onions
- Radishes
- Red Peppers



Ways To Boost Your Red Food Intake:

- Sprinkle some raspberries into yogurt for breakfast or snack.
- Mix dried cranberries with almonds for an on-the-go snack.
- Sauté red onion and add to chili or soups.
- Make a smoothie with strawberries and raspberries.
- Throw the red fruits and veggies onto a salad.
- Make fajitas with red peppers.
- Add tomato slices to a sandwich, Panini or pizza.

To watch a video of me putting more 'Red' into my favorite foods, check out my blog at <http://eating-right.SouthernFoodsAtHome.com>.

January Trivia Winner Revealed!

Congratulations to Ann Price of La Grange, NC for winning last month's trivia puzzler: Where was the very first Super Bowl held?

- a) Rose Bowl in Pasadena, CA
- b) Super Dome in New Orleans, LA
- c) Los Angeles Coliseum in Los Angeles, CA
- d) Astrodome in Houston, TX

The correct answer was "c," the **Los Angeles Coliseum!** Ann wins a delicious apple pie. Now, how about you? Are you ready to take on the Southern Foods At Home Trivia Challenge?



February Trivia Challenge

Cupid, one of the biggest Valentine's Day symbols, became associated with the holiday because he was the son of which ancient mythological goddess?



- a) Aphrodite, Greek goddess of love and beauty
- b) Athena, Roman goddess of wisdom
- c) Venus, Roman goddess of love and beauty
- d) Hera, Greek goddess of marriage

Send your answer to me at ChefMike@SouthernFoodsAtHome.com. If your answer is correct, you'll be entered into a drawing to win a scrumptious French Silk Pie!

The Southern Foods At Home Spotlight!

Thanks to our wonderful clients who've referred their friends and family last month. You deserve recognition! [My heartfelt thanks to:](#)



- **Sandra McMakin** of Lyman, SC for referring John & Ms. Jerry Carlisle
- **Randy Mumford** of Easley, SC for referring Norman & Deborah Zwahlen, Jr.
- **Wells Armstrong** of Bath, NC for referring Katherine Cutler
- **Thomas Moxie** of Greer, SC for referring Clifford and Kimberly Harmstad

What Makes Southern Foods At Home Special?

Ask any of our loyal customers what makes Southern Foods At Home special and they'll tell you they're getting the best quality food at an affordable price. But did you know that our foods are all natural - free from steroids, growth hormones, preservatives or chemicals?



While other companies may be skimping on quality to cut costs, you'll never have to worry about corner-cutting at Southern Foods At Home. Instead, you'll always get the healthiest, most delectable meats, gourmet entrées, and side items for your family.

Mark Your Calendar

Valentine's Day, Feb. 14

A day to celebrate friendship and love. One of the most widely observed unofficial holidays.



President's Day, Feb. 16

Observes the birthdays of George Washington, Abraham Lincoln and all former U.S. presidents.



Welcome To New Clients!

Here are some of our new clients who became members of my Southern Foods at Home family this past month. I'd like to personally welcome you and wish you all the best:

Michael & Christine Andrade; Carrie Caldwell; **John & Jerry Carlisle;** Fred & Susan Graham; **Jim & Angele Johnson;** Chuck & Danica Kelso; **Randy & Lori Sampson;** Norman & Deborah Zwahlen, Jr.

A Meal To Remember

Is your mouth watering after reading Chef Mike's recipe for savory pork chops? Here at Southern Foods At Home headquarters ours are! Mike is always making something that looks and smells so good.

Now's a great time to stock up on hearty foods for delicious meals cooked right in your own kitchen. Why go out to an expensive restaurant when you can have a gourmet meal at home for a fraction of the price? Running low on any of our menu items? If so, it's time to place your reorder!

To place your order call 866-571-4921 or email your personal food economist.



Food Economist:

Margie Banderio

mbandiero@southernfoodsathome.com

Stephanie Deitch

sdeitch@southernfoodsathome.com

Beverly Henley

bhenley@southernfoodsathome.com

Lacey Leonard

leonard@southernfoodsathome.com

Judy Lowdermilk

jlowdermilk@southernfoodsathome.com

Debbie Nordstrom

dnordstrom@southernfoodsathome.com

Katina Sensing

ksensing@southernfoodsathome.com

Peggy Pierce

ppierce@southernfoodsathome.com

Janice Tanksley

jtanksley@southernfoodsathome.com

Angela Stetar

astetar@southernfoodsathome.com

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3669 N. Peachtree Rd, Ste. 200
Atlanta, GA 30341
866-571-4921

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