



*Chef Mike – Executive Chef,  
Southern Foods At Home*

## A Message From Chef Mike

Happy Easter and Passover from Southern Foods At Home! This month's newsletter is loaded with a cornucopia of food, health, and nutrition information.

We get it all started with my recipe of the month – **French Cut Australian Rack of Lamb**. This is a flavorful dish that would be perfect

for Easter. Dana Yarn, our registered dietitian, shares her favorite spring smoothie recipes, and our fitness expert, Kim Kantor

addresses a very common workout obstacle – no time to exercise. I'd also like to welcome a new member to our faculty team, Karen DeFiore. Karen is a registered nurse and has worked in pediatric, orthopedic, surgery, and home health care. She's even been a school nurse. Karen will offer her unique expertise and share how eating high quality food can keep us out of the doctor's office. Welcome, Karen!

As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please email me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com). Hope your April is filled with warmth, happiness, good health, and blessings!

## Southern Foods At Home Recipe Of The Month - French Cut Australian Rack of Lamb

### Serves 2

- 1 French cut Southern Foods rack of lamb
- 2 tbsp. dry thyme
- ½ tsp. kosher salt
- ½ tsp. fresh cracked black pepper
- 1 tbsp. fresh lemon zest
- 3 tbsp. olive oil

### For the Sauce

- 1 cup dry red wine (such as merlot)
- 2 tbsp. butter
- Salt and pepper, to taste

1. Combine the thyme, salt, pepper and lemon zest. Rub all sides of the rack of lamb and set aside for 30 minutes.
2. Heat a large stock pot over medium high for two minutes. Add the oil and sear the lamb rack on all sides. Remove and place on a sheet pan. Place in a preheated 400 degree oven for 20 minutes.

Remove from the oven and set aside to rest.

3. Remove all but 1 tablespoon of the drippings from the stock pot. Add the wine and return to medium high heat. Simmer the wine until reduced by 75%. Whisk in the butter, and salt and pepper to taste. Serve immediately with the lamb.



You can check out a video demonstration of me preparing this delicious recipe at [www.SouthernFoodsAtHome.com](http://www.SouthernFoodsAtHome.com)!

**Enjoy! Chef Mike**

## No Time To Workout? - Kim Kantor, Ms. Fitness Southeast

**Question:** How can I get in shape and stay in shape while working a full time job and raising three kids under the age of ten?

**Answer:** First off, I commend you for seeking advice on how to get in shape when you have such limited time. Most people would say "Why should I bother trying, I just don't have time." Already, you've won the first battle, *Desire*. **Now what's next?**

With any of my clients I start with the obvious, 168 hours. That's the number of hours in a week. I like five days of commitment to exercise because with anything less, you won't see results. I know it's hard to find this time, but break it up throughout the day. If you burn an average of 400 calories per exercise session (cardiovascular or resistance training) and you exercise five days, that's 2000 calories - almost one pound

of weight! 3500 calories = 1 lb, so if you want to lose a pound, burn 3500 calories. Depending on how much you want to lose, you need to see how much you're burning.

Now, you know what kind of commitment you have to make, so let's fix an easy part – your eating. If you know that you need to eat healthier, **plan your meals one week at a time**.

On Sundays, we cook our meals for the week. It takes a couple of hours but it makes every breakfast, lunch, dinner, and even snacks super simple and quick. We will grill or bake: 12 chicken breasts, 6 sirloins, and 6 hamburgers (lean, of course).



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## No Time To Workout? *continued from page 1*

Then, we separate 6 salads, 3 servings of green beans, and 3 servings of broccoli. Finally, we'll get 6 apples, 12 protein shakes, 12 protein bars, 6 Ziplock™ bags of nuts (1oz each). Between the two of us, we have our lunches, snacks and dinners already done (except for the veggies at dinner). The refrigerator is stacked with Tupperware already portioned out with great, healthy meals. Sometimes, I even make a casserole dish full of egg beaters with vegetables, or dry oatmeal portioned out in containers. It seems like a lot of preparation, but it's so easy with a freezer full of already "serving sized" food!

### Ok, now that we got the food taken care of, let's exercise!

I would love to say go to the gym and get 20-30 minutes of resistance training, but driving to the gym takes time. So, if you can, try body weight exercises at home such as squats, step ups to a stair or chair, lunges, push ups, dips off of a chair, bicep curls

and shoulder presses with gallon water jugs (or ½ gallon), sit ups, leg lifts, flutter kicks, bicycle crunches, or reverse crunches. Pick five or six exercises and cycle through them with two or three sets of 12-20 repetitions. Change exercises every other day for variety.

Now, for your cardiovascular exercise, walking, jogging, biking, swimming, and jumping rope are all great activities. Maintain a moderate to moderately challenging pace during those activities for 30+ minutes and you will get you the best results. How do you know if you are doing this? Give it a talk test. If your best friend calls you while you are doing one of the above activities and you can talk without difficulty, work harder! Tennis, hiking, walking and playing in the park with the kids are great things to do as additional fun activities...but they are not part of your five days. Plan structured exercise to achieve maximal results. Add fun activities with the family to burn bonus calories!

Good luck! Stay focused! Stay positive!

## 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:

Steven & J. Melissa Blackwell;  
Edward Daugey; Mike & Tammera  
Donovan; Todd & Lisa Edwards; Jack  
Laughinghouse; Ted & Angie Mathis;  
Stewart & Claudine Parker; Darrin  
Skinner; Matthew & Liz Ward; John &  
Kimberly Ward, Iv.; Charles & Janice  
Ward, Jr.; Bill & Nora Wolters

## The Southern Foods At Home Spotlight!



Thanks to our wonderful clients who've referred their friends and family last month. You are the best! **My heartfelt thanks to:**

- **Rick and Lisa Gilliam** of High Point for referring William and Stacey Hutto
- **Albert and Melinda del Garbino** of Shiloh for referring Bruce Del Garbino and Deborah Cowan
- **Samuel and Elizabeth Archino, Sr.** of Greenville for referring Samuel and Stephanie Archino, Jr.
- **Jonathan and Tammy Grady** of Union for referring Edward and Luann Kears
- **Brian Sine** of Kernersville for referring Todd and Lisa Edwards
- **Andrell and Lisa Johnson** of Greensboro for referring Philip Cooke

## Avoiding Diabetes - By Karen DeFiore, RN

I'm pleased to contribute to the Southern Foods At Home Newsletter, not only as a satisfied customer, but also as a registered nurse who can attest to the health benefits that Southern Foods offers.

The food we eat can affect our health in a positive manner, specifically when it comes to avoiding one of the most common diseases in our country: Diabetes. As you may know, diabetes is a disease in which the body does not produce or properly use insulin.

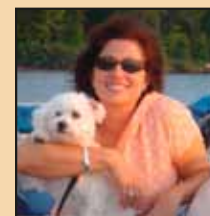
Type 1 Diabetes results from the body failing to produce insulin, while the more common form, **Type 2 Diabetes, is the fastest growing disease among older adults.** High levels of blood glucose is a big warning sign for Type 2 Diabetes. The best way to prevent Type 2 Diabetes is to keep our glucose levels low by watching our intake of sugary desserts and "bad carbs" like chips, white potatoes, rice and white breads.

**But a big misconception is that we can no longer eat carbs at all.** All carbs are not created equal

and your body needs 'healthy carbs' to maintain good health and ward off disease. Whole grain carbs are loaded with nutritional value, and along with lean proteins such as beef, veal, lamb, pork, poultry and fish, form the basis for a healthy diet. Just make sure you choose whole grains, vegetables and fruits, rather than refined carbohydrates.

A healthy diet consisting of all-natural, quality foods, along with regular exercise, can significantly reduce your chances of getting Type 2 Diabetes. The food choices that Southern Foods provides, offers you many options for maintaining a balanced diet and optimum health.

*Karen DeFiore is a registered nurse who has worked in pediatric, orthopedic and surgical nursing.*



*Karen DeFiore*

## How To Use Your Referral Credits

If you have a friend or neighbor who you think benefit from our service, please don't keep us a secret. You'll be rewarded with referral credits, which you can use in any of these exciting ways.

- 1) For each referral, receive 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 to 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).

To refer a friend, please call **866-571-4921** or simply fill out the easy referral form at **[www.SouthernFoodsAtHome.com/refer](http://www.SouthernFoodsAtHome.com/refer)**. Or you can send me an email to **[ChefMike@SouthernFoodsAtHome.com](mailto: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!



## Spring Smoothies - By Dana Yarn, RDLD

Sometimes it can be overwhelming trying to fit in all of the supplements, fruits and vegetables recommended in a healthy eating program. All healthy diets should consist of five to nine servings of fruits and vegetables per day, and in some cases I also recommend ground flax seeds, wheat germ, flax or fish oil. The challenging part is trying to fit in all of these foods into your daily routine.

If your lifestyle is hectic and you're not meeting your daily nutritional needs, I have a solution! Smoothies are an easy way to pack in nutrition. Making them at home is a much smarter option than purchasing at a smoothie shop, where they often contain too much added sugar.

Smoothies are perfect for breakfast, snacks, or as a post workout recovery meal (with added protein). You can even drink them in the car or at your desk. I sprinkle a few vegetables in mine; you cannot taste spinach when it is very cold! Here are a few of my favorite smoothie recipes. Enjoy!

### Fruity Protein Shake

- ½ cup orange juice
  - ½ cup low fat or fat free vanilla yogurt
  - 1 scoop vanilla protein powder
  - 1 cup frozen mixed berries/pineapple or mango
  - 2 tbsp strawberry flavored fish oil
  - ½ cup ice
  - 2 tbsp. ground flax seeds
- Blend all ingredients until smooth

### Banana Split Smoothie

- 1 banana (strawberries can be used as substitute)
  - 1 scoop chocolate whey protein powder
  - 1 cup milk
  - 1 tsp. cocoa
  - 1 tbsp. natural peanut butter (optional)
  - 1 cup ice
- Blend all ingredients until smooth

To watch a video of how to prepare a delicious smoothie, check out my blog at <http://eatingright.SouthernFoodsAtHome.com>.

## New Mom Thanks Southern Foods For Saving Her Time And Money



If there's one thing new moms will all agree on it's that there's no time in the day to do, well...anything. And for any new mom who loves to cook, gone are the leisurely hours perusing the grocery store for new foods to try at home. Most will tell you that they're lucky to get a minute to shower, let alone go shopping. Jennifer DeVaul of Ooltewah, TN can certainly attest to this. A physical therapist's assistant and new mom to an 11 week old boy, Jennifer is also a new member of the Southern Foods At Home family. She's thankful for the hours she saves by not having to go to the grocery store for her family's meals.

"Becoming a Southern Foods customer gave me a precious gift, more quality time at home with my son," she says. Concerned about the foods she was eating as a nursing mom, Jennifer is thrilled with the selection and quality of the foods she orders from Southern Foods. As a new mother, the high

nutritional value, of course, is comforting to her, as well. That, along with the money she saves each month, makes Jennifer a very happy mommy.

Asked about her favorite Southern Foods menu item, Jennifer and her husband Jon both agree on the filet mignon. In fact, Jennifer admits she and her husband no longer order steak in restaurants because they've never tasted anything better than a Southern Foods filet.

We'd like to officially welcome Jennifer and Jon to our Southern Foods family! Congratulations on the birth of your beautiful son!

*Do you have an interesting story to share about Southern Foods At Home and your family? We want to know! Send it to us via email to [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com). You just may be featured in an upcoming newsletter!*

## Who Won Chef Mike's Recipe Challenge?



Did you receive a phone call from me last month with my St. Patrick's Day recipe challenge? I posted my recipe for **Guinness Stout & Hearty Soup** in the "Kitchen" section of our website, and then called many of our customers with this question:

**Q:** What was the fourth ingredient in my St. Patty's Day recipe?

**A:** One can of sliced potatoes!

I heard back from many wonderful people but our lucky winner was Mary King of Hardy, VA! Congratulations Mary! Mary was randomly selected from all of the correct entries and wins an 8" professional chef's knife! Keep an ear out for my next recipe challenge, coming later this month.

## Congratulations To Our March Trivia Winner!

**Congratulations to Donna Burroughs of Boiling Springs, SC** for submitting the correct answer to last month's trivia puzzler: The term 'March Madness' first appeared in print over 60 years ago to describe which school's basketball tournament?

- A. Illinois State High School
- B. Alabama State College
- C. University of Kentucky
- D. Tennessee High School



**The correct answer is 'A'.** Congratulations, Donna! Enjoy your Carrot Layer Cake! Now how about you? Are you ready to take on the Southern Foods Trivia Challenge?

## April Trivia Challenge

The most famous Easter Egg Hunt in the U.S. is held every year on the South Lawn of the White House and is eagerly attended by thousands of children. **Under whose presidency did this yearly tradition begin?**

- A. Grover Cleveland
- B. James Madison
- C. Jimmy Carter
- D. George Washington



Send your answer to me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com). If your answer is correct, you'll be entered into a drawing to win one of our famous Tiramisu Cheesecakes!

## Newest Products From Southern Foods At Home



If you love Asian food, have you tasted our new Dim Sum? In the short time we've had these available, they've flown out the door! **Perfect for parties, appetizers or as sides, they're a wonderful complement to any meal, or simply enjoy on their own.**

One taste and you'll be smitten.

If it's time to reorder, why not try our Dim Sum Shrimp Dumplings, Dim Sum Shrimp Shaoma, and Dim Sum Shrimp Hacao. All are available now from your food economist.

Plus, we've got a terrific reorder bonus for you this month: **Purchase our Marquis Cake Collection,**

### Food Economist

#### **Margie Banderio**

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### **and get a second Marquis Cake Collection FREE!**

Perfect for Easter, the assortment includes six individual serving size gourmet cakes, two each of three varieties.

**Tuxedo Bombe** - Chocolate genoise, white milk and dark chocolate mousse, with chocolate ganache coating.

**New Orleans Banana Rum Cheesecake** - Dulce caramel and rum flavored crème Chantilly.

**Red Velvet** – Layers of moist red velvet genoise with rich frais cream cheese plumage.

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



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- ◆ Recipe Of The Month: French Cut Australian Rack of Lamb
  - ◆ Dana Yarn's Favorite Spring Smoothies
  - ◆ Avoiding Type 2 Diabetes

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