



A Message From Chef Mike

Welcome to the May edition of the *Southern Foods At Home Newsletter*. You know, here at Southern Foods, we care about your health. Our food has always been all natural and superior to anything available in the store, but is now officially labeled as such by the USDA.

Over the last year, we've made several significant additions to our service to provide you with even more value. Some of these you may be aware of, some you may not. For example, we now have a registered dietitian and registered nurse on staff to assist with meal planning, nutrition, and health related issues such as celiac and diabetes.

We offer fitness and weight loss advice from Ms. Fitness Southeast and our CEO, Keith Kantor, is completing his Masters in Nutrition. In addition, we have a physician on our editorial board who contributes to our publications.

Our intent is to provide you with the information you need on portion control, meal planning, nutrition-based weight management, and recipes (many on video) to keep your family happy and healthy. **And I do want to emphasize the importance of the recipes.** Having healthy food is important, but if it's not delicious no one would eat it (just ask Dad or the kids). So "delicious" is just as important as healthy.

Our goal is to be your health, nutrition, and food resource to keep you in the best of health and help provide good eating habits for your children.

Speaking of recipes, just in time for Mother's Day, we have a terrific homemade steak sauce recipe for you that's sure to impress Mom. Take a nice Southern Foods' All Natural Filet Mignon, this terrific sauce, some potatoes leek au gratin, and our key lime pie, and voila, you have a meal mom will love!

As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, or anything else, please email me at ChefMike@SouthernFoodsAtHome.com. *Have the merriest month of May and happy Mother's Day!*

Southern Foods At Home Recipe Of The Month - Steak With Bourbon-Coffee Sauce

Serves 4

- ½ cup water
- 3 tbsp bourbon
- 1 ½ tsp sugar
- ½ tsp beef flavored bouillon granules
- ½ tsp instant coffee granules
- ½ tsp black pepper
- ¼ tsp salt
- 4 of your favorite Southern Foods steaks
- 1 tbsp olive oil
- 2 tbsp fresh chopped parsley

1. Combine first five ingredients in a small bowl and set aside.
2. Sprinkle salt and pepper over both sides of steaks. Heat a medium nonstick skillet over medium-high heat. Coat pan with olive oil. Add steaks; cook 2 minutes on each side. Reduce heat to medium; cook steaks 2 minutes or until desired degree of doneness. Transfer steaks to a platter; cover and keep warm.
3. Add bourbon mixture to pan; cook over medium-high heat until mixture has reduced to 1/4 cup (about 3 minutes). Serve sauce over beef; sprinkle with parsley and serve with a side of Potatoes Leek Au Gratin.

Potatoes Leek Au Gratin

Serves 3

- 1 tbsp olive oil
- 3 tbsp finely chopped leeks
- 3 tbsp dry white wine
- 1 cup heavy cream
- 1 tsp garlic powder
- Pinch of salt and pepper
- 3 baking potatoes, peeled and sliced very thin
- 1 cup shredded Gruyere cheese

1. Preheat oven to 400 degrees. Butter a one quart baking dish. Heat a skillet over medium heat for one minute. Add the oil and chopped leeks and sauté lightly for one minute. (Do not let the leeks get brown.) Add the wine, cream, garlic powder, salt and pepper to the skillet. Bring to a simmer for 1 minute only, and remove from heat. *Do not overcook the cream/leek mixture, as it will over reduce and you will have a dry au gratin.



2. In the buttered baking dish, layer the potato slices so they overlap. Place a thin layer of the shredded cheese on the potatoes. Continue the layers of potatoes and cheese until both are used up.
3. Pour the cream/leek mixture over the potatoes and shake the dish slightly so the cream works down into the potato layers.
4. Cover and bake for 1 hour. Let rest for 10 minutes before serving. Your home will smell wonderful for two days!

You can check out a video demonstration of me preparing this delicious recipe at www.SouthernFoodsAtHome.com! **Enjoy! Chef Mike**

Combating Unexpected Health Issues - By Karen DeFioure, RN

As the baby boomers age (gracefully I may add), they may unexpectedly face new medical challenges. For example, a poor diet, lack of exercise, and stress can lead to cardiac problems. Likewise, years of uncontrolled high blood pressure can lead to heart attack or stroke.

High blood pressure affects over a quarter of American adults, so let's discuss it further. The higher your blood pressure the harder it is for your heart to pump blood through your arteries. Often called "the silent killer" because there are often no symptoms or warning signs, increased blood pressure can lead to arterial deposits and inflammation that can spell future cardiovascular trouble.

Fortunately, you can help naturally manage your blood pressure through regular exercise, proper diet, adequate sleep, and an overall healthy lifestyle. **No one can eat perfectly all the time, so don't try to.** But a diet consisting of fresh fruits and vegetables, whole grains, lean proteins and low-fat dairy is an easy way to keep out of the doctor's office.

Regarding exercise, have fun and pick an activity you enjoy. Now that the weather is nice, try an outdoor activity. Walk, ride your bike or play tennis. Make some form of physical exercise a daily habit, even if it's just an after dinner walk. You will notice a difference in the way you feel. **Of course, always check with your doctor to be sure your level of activity is appropriate for you.**

Though there are several medicines that can help you control your blood pressure, a healthy lifestyle is a goal worth working towards and certainly is a preferred method over prescription drugs. As we age gracefully, our happiness can only increase if we are active and disease-free.

By the way, did you know that May 6-12 is National Nurses Week! Don't forget to hug your favorite nurse!

Karen DeFioure is a Registered Nurse who has worked in pediatric, orthopedic and surgical nursing.



Southern Food's Newest Product – Gourmet Pasta Sauces

Ever wonder how you can enjoy real, authentic, delicious Italian pasta sauces, just like the ones at your favorite Italian trattoria? Jarred sauces can't come close, and who has three hours to stand over a pot making homemade sauce?

Now you can get true Italian ristorante taste in less than 10 minutes! Your family will think you slaved in the kitchen all day, and they will go absolutely gaga over how good your pasta tastes!

To create these hearty sauces, Southern Foods At Home consulted with one of the finest Italian chefs in the southeast. In fact, these are his famous recipes that he prepares in his ristorante each evening! No compromises or changes were allowed, just authentic taste and the perfect combination of spices and herbs.

The result of our collaboration is four delectable and natural sauces: **Shitake Mushroom Marinara, Carbonara, Alfredo, and Grandma Nona's Meat Sauce.** Each comes frozen in a one pound bag.

Call 866-571-4921 To Order, Or Email Your Personal Food Economist.

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To prepare, simply place the bag in a pot of water and bring to a boil. Add a pinch of salt and your pasta to the water. When your pasta's done, you've got a true Italian meal that's quick and easy (perfect for busy moms).



If you're tired of bland jarred sauce, this new product is truly a godsend. One try and Italian night at your home will never be the same again. But as they say, "the proof is in the eating". So we're putting our money where our mouth is.

Here's a terrific reorder bonus for you this month: With your minimum reorder, you will receive your choice of TWO of these gourmet sauces, **FREE!**

To order, contact your Southern Foods At Home reorder representative at **866-571-4921** or order online at **www.SouthernFoodsAtHome.com.**

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Get Six-Pack Abs This Summer - By Dana Yarn, RDLD

A common desire among both men and women is to get rid of fat around their mid sections. It seems that you cannot turn a page in any fitness magazine without seeing a picture of six-pack washboard abs. There are even waiting lines behind abdominal machines during peak gym hours! Abdominal muscles have become a true display of one's fitness level.

I get approached by clients every day asking me, "Can you show me an exercise to get rid of this?", as they point to their abdominal fat. I used to beat around the bush and tell them nicely to eat healthy and do cardio in addition to the hundreds of abdominal

exercises they were doing. Now I've taken the blunt approach and respond to them by saying it is 90% about nutrition. You can do crunches and legs lifts until you are blue in the face, but if your nutrition is poor you will never uncover the layer of fat above the abdominal muscles you desire to see. This is a response that most are not too happy to hear. There is a large population of fitness enthusiasts who still think if they work out

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Get Six-Pack Abs This Summer

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everyday, they can eat anything they want and not gain a pound. If this were the case, there would not be so many overweight people who work out regularly!

If you are serious about firming up your middle, follow these simple tips to get started:

- **Eat five-six small meals per day.** This will keep your blood sugars stable and your metabolism fired up all day long. Eating every 2-4 hours will also help you avoid over-eating.
- **Keep protein intake high.** Incorporate protein from lean meats, protein powders or low fat dairy at every meal and snack. Protein will maintain lean muscle mass and keep you feeling more satisfied for a longer period of time.

- **Drink at least 80 ounces of water per day.** The first sign of thirst is usually mistaken for hunger. If you get a craving for a certain food, try to drink 1-2 cups of water and you may find that the munch monster goes away!
- **Do three hours of cardio per week!** In order to lose abdominal fat you have to burn it off. Find an activity that you enjoy, like walking your dog, playing tennis or squash, cycling, surfing, swimming, or dancing and burn some calories! The results WILL show!

For more tips, check out my blog at <http://eatingright.SouthernFoodsAtHome.com>.

Congratulations To Our April Trivia Winner

Congratulations to Virginia Dawson of Cana, VA for winning last month's trivia puzzler: **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



The correct answer is 'B'. First Lady Dolly Madison first began the tradition of Easter Egg rolling in Washington, when local children joined her for an egg roll at the Capitol in 1814. However, the official White House Easter Egg Roll on the South Lawn of the White House was initiated by Mrs. Rutherford B. Hayes.

Due to the multiple correct answers, (many wrote in noting that Hayes wasn't even listed as a choice), everyone's entry this month was considered correct and entered into a drawing. The winner was chosen randomly. Sorry for the confusion. Congratulations, Virginia! Enjoy your Tiramisu Cheesecake!

Are You Using Your Referral Credits?

We hope so, because there's lots of ways to do so! If you have a friend or neighbor who you think may benefit from our service, you'll be rewarded with referral credits, which you can use in any of these ways.

- 1) For each referral, receive a \$100 credit towards your next reorder *and* the free dessert of your choice.
- 2) Use your \$100 credit **immediately** and apply it toward your existing monthly invoice! No need to wait until your next reorder!
- 3) 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. Or you can send me 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!



May Trivia Challenge

In what year did Mother's Day become an official U.S. holiday?

- A) 1950
- B) 1939
- C) 1963
- D) 1914



Send your answer to me at ChefMike@SouthernFoodsAtHome.com. If your answer is correct, you'll be entered into a drawing to win an old fashioned apple pie!

In Our Customer's Own Words

"I ran out of Southern Foods At Home chicken and purchased some at my local grocery store. The difference in quality was startling. I couldn't wait for my next order to arrive."

Pat and Kathy Ward
Eastman, GA



New Southern Foods Steak Rub Contest!

Do you have a favorite, personal steak rub recipe? If so, Chef Mike wants to know about it! Perhaps it's an old family concoction or maybe one you created yourself that really shines!

Send us your favorite steak rub recipe and if we deem it the "next best rub" **you could be featured with Chef Mike in an upcoming video where we use YOUR rub on our steaks!** We can even shoot the video at your house! The winner will also receive an 8" professional steak knife, a bamboo cutting board and a case of 12 steaks of your choice!



To enter, send your steak rub recipe to ChefMike@SouthernFoodsAtHome.com. Good Luck!

Spot Weight Reduction

Kim Kantor, Ms. Fitness Southeast

Question: I hate my legs! Is there any way I can just lose weight there? I like how my arms and shoulders look, but my lower body looks out of proportion. Help!

Answer: What you are referring to is “spot reducing.” Thighs, hips and midsection are typically the three areas that most people want to “tighten,” or “lean out.” **Unfortunately, the human body doesn’t recognize that your “trouble spot” is troubling you!** Fat is lost throughout the body in a pattern dependent upon genetics, hormones, and age. Overall body fat must be reduced to lose fat in any particular area. Although fat is lost or gained throughout the body, it seems the first area to get fat, or the last area to become lean, is the midsection (in men and some women, especially after menopause) and hips and thighs (in women and some men).



I often see gym members who give up after a few months because they get frustrated that they didn’t lose that area of focus. Training the muscles more often and harder will deliver more oxygen to the working muscle and reduce fat, but not necessarily at the rate you want it. Once you can’t lose anymore fat in the upper body (for this question in particular), your lower body will kick in, so... **DON’T STOP TRAINING! IT WILL HAPPEN!**

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:**

- **William and April Keasler Concord** for referring William Bradley & Melissa Keasler
- **John and Rebecca Stewart** of Newport for referring Christopher and Samantha Coffin
- **Michael and Amy Coleman** of Easley for referring Stephen and Kathleen Burgess
- **Jamie Harrelson** of High Point for referring James and Charlene Green Jr.

And special recognition to:

- **Samuel and Stephanie Archino** of Greenville, NC for referring Melissa Sutton **Referrals Two Months in a Row!**

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 Daugety; 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

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