



## A Message From Chef Mike

Happy New Year from all of us at Service Foods! This first 2009 newsletter is chocked full of fresh information, articles, and commentary for you to enjoy. Both Kim and Dana, our faculty health professionals, advise you to be SMART - specific, measurable, attainable, realistic, and timely - when choosing a

New Year's weight loss plan.

And we have a new columnist for you too. I'd like to welcome

Dr. Len Lopez as an adjunct member of our faculty. Dr. Len will contribute to our newsletter from time to time and this month he's written a very timely article on the role stress plays in unwanted weight gain.

Of course, I have a new recipe for you too - my famous Chipotle Chicken Tortilla Soup. It's a quick and nutritious meal that will please your family or double it to serve a crowd on Super Bowl Sunday.

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@ServiceFoods.com](mailto:ChefMike@ServiceFoods.com). Wishing you a New Year of good health and happiness.

## Service Foods Recipe Of The Month - Chipotle Chicken Tortilla Soup

### Serves 4

- 1 tbs canola oil
- 2 tsp garlic, chopped
- ¾ lb Service Foods boneless chicken breast, cut into bite size pieces
- 1 tsp chipotle chili powder (or ½ of a chopped chipotle pepper in adobo sauce)
- 1 tsp ground cumin
- 1 cup water
- 1 can chicken broth (14 oz.)
- 1 can fire roasted stewed tomatoes (15 oz.)
- 2 tbs butter, optional

### Garnish

- 1 cup crumbled tortilla chips
- ¼ cup fresh chopped cilantro
- 1 lime, cut into four wedges

1. Heat the oil in large stock pot over medium-high heat for one minute. Add the chicken and garlic and sauté for two minutes.

2. Add water, broth, tomatoes and seasonings. Bring to a full boil. Reduce the heat and simmer for five minutes.

3. Add the butter (optional) and stir to combine. Pour into serving bowls and top with the cilantro and chips. Garnish with the lime wedges. Perfect for a winter afternoon watching the Super Bowl!



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

Enjoy! Chef Mike

## Is Stress Causing Your Weight Gain And Fatigue? - By Dr. Len Lopez

With the start of the New Year comes another year of weight loss resolutions. So, to help those who are dieting and exercising with little success, let's discuss a piece of the weight loss puzzle that is often overlooked. We are talking about stress and how it triggers your metabolism to burn or store fat.

If you just took a 30-minute walk, you might have burned 200 calories. However, those calories may not have come from stored body fat. The body burns calories from carbohydrates, proteins or fats. Those who are successful in their weight loss goals are burning fats for energy - those who are not successful are burning carbohydrates and proteins (lean muscle).

Our metabolism is regulated by hormones. Stress triggers the adrenal glands to produce the stress hormones cortisol and adrenaline. Constant stress causes an over-production of these two hormones, which triggers the metabolism to burn carbohydrates

and proteins, instead of stored body fats.

The body is designed to burn fats for energy throughout the day. However, as stress increases, or if we skip meals, or eat the wrong foods...we trigger our metabolism to burn carbs and lean muscle - not stored body fat! This interferes with weight loss and is a prime reason why many people also struggle with fatigue and cravings. Their metabolism is burning the wrong fuel!

If you'd like to arm yourself with valuable tools that will help you win the weight loss battle, just visit my website for several free resources.

Dr. Len Lopez is a nutrition and fitness expert and author of *To Burn or Not to Burn, Fat is the Question*. For more information, visit Dr. Lopez' website at [www.drilenlopez.com](http://www.drilenlopez.com).



## The Service Food Spotlight!

Thank you so much to our generous clients who referred us to friends and family last month. You are the best!

### My heartfelt thanks to:

- **Lewis and Ellen Dawkins** of Hampton for referring Alto & Elaine Dawkins III
- **Steven & Nanalee Wanha** of Canton for referring Morgann Wanha
- **Spencer Curtis** of Suwanee for referring Robert Curtis
- **Robert & Ruby Curtis** of Columbus for referring Vincent & Gina Curtis
- **Judith Bennett** of Rex for referring Albert & Jane Davis
- **Lance & Leann Palmer** of Athens for referring Ryan Matthews & Edith Griffin
- **Jesse Gunnin & Crystal Humber** of White for referring Johnny & Sandra Roberts, Jr.
- **Taylor Clark** of Marietta for referring Christopher & Jennifer Sword
- **Christopher & Wren Garner** of Villa Rica for referring Horace & Peggy Garner, Jr.
- **David & Kimberly Sochaski** of Cartersville for referring Bridgette Dye
- **David & Valerie Kelly** of Dallas for referring Ronald & Gay Eades

- **Jaras & Tomeca Funderburg** of Dacula for referring Carlos & Charlene Smith.



### And special recognition to:

- **Morgann Wanha of Marietta** for referring Taylor Clark **AND** Robert & Melody Ehrhardt **TWO REFERRALS!**
- **Robert & Ruby Curtis of Columbus** for referring Dothan Hill **AND** Laveren & Angela Hill **AND** Tabitha Huff **THREE REFERRALS!**

If you know someone who could benefit from our service, please let them know about us! For each referral that joins the Service Foods family, **you'll receive a \$100 credit and the free dessert of your choice with your next reorder!** I hope you'll consider referring us not just for the reward, but because you believe we provide better, healthier food. To refer a friend, simply go to [www.ServiceFoods.com/refer](http://www.ServiceFoods.com/refer) and fill out the easy referral form. We'll take special care of your friends and even give them a **surprise gift from you!** Thank you in advance for your support!

## December Trivia Winner!

**Congratulations to Sue LaFay of Snellville, GA** for submitting the first correct answer to last month's holiday trivia puzzler: Not counting Rudolph, how many reindeer pull Santa's sleigh?

- a. 6
- b. 7
- c. 8
- d. 10
- e. 12



**The correct answer was 'c,' eight reindeer pull Santa's sleigh: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen.** Sue won a scrumptious chocolate cake. Are you ready to take on our new Service Foods Trivia Challenge?

## January Trivia Challenge

The big game is almost here. In honor of the biggest sporting event of the season, let's test your Super Bowl knowledge: Where was the very first Super Bowl held?



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

This month we kick off a new trivia procedure for 2009! Simply email me the correct answer to our trivia challenge and your name will be placed into a drawing. All correct answers have an equal chance to win, regardless of how quickly you send in your entry. I'll select the winner on January 30th and the lucky person will receive a delicious apple pie! You have a great chance to win so email your answer to [ChefMike@ServiceFoods.com!](mailto:ChefMike@ServiceFoods.com)

## Why Service Foods?

At Service Foods we care about one thing: Providing you and your family with delicious and healthy meals! We select only the finest beef, pork, poultry, and seafood that is free from steroids, growth hormones, chemicals and preservatives.



Economic times are challenging for many companies. Some are making cutbacks or reexamining their quality standards in an effort to save money. Unlike others, we will NEVER lower our standards. You can count on us for the nutritious, natural foods that taste great and are good for your family. And that's one less thing for you to worry about.

## Sip On This! Our Newest Product Revealed!

Do you LOVE gourmet coffee? If so, you will want to try Service Foods' newest offering, Caffe Divino. "Caffe Divino's roasts are a celebration of companionship, friendship and conversation," says owner D'Ann Valsecchi.

And you'll love the story behind the coffee because it's just as delicious as its taste: Caffe Divino came to life because of one man's search for a perfect cup of coffee. In D'Ann's words, "My father developed this roast in dedication to my mother. Before the start of their busy day, my father and mother always sat together and shared a cup of coffee before heading their separate ways. Caffe Divino's roast is both truly delicious and a story of love and inspiration".

Caffe Divino's exclusive roast features only the best hand picked, high grown Arabica beans with superior color, density and fragrance from three regions of Central and South America. Known as Arabica beans, they are harvested

in the shade and at high elevations so the beans are in their natural state. This delicious and distinctive roast delivers a naturally sweet, full bodied, yet smooth aromatic flavor to coffee.



If decaffeinated coffee is more your speed, Caffe Divino uses the completely natural CO2 method of decaffeination for their Sunrise, Sunset coffee. This method uses carbon dioxide and water to break the caffeine bonds. The method is quick and leaves the natural flavor and aroma intact, and the process is chemical free.

This is truly the highest quality, most delicious coffee we've found. "Our 100% high grown Arabica beans are roasted to perfection. We regard our coffee, Caffe Divino, as one of life's simple pleasures," said D'Ann. Available in 12oz. bags. Enjoy!

## Keeping Your New Year's Resolutions - Dana Yarn, RDLD

Quite a few people wake up January 1st and set out to improve their health by losing weight and/or eating better. The difference between the people who achieve their New Year's resolution and those who do not, is execution of a plan. A fool proof way to achieve goals and be successful is to start with the SMART goal setting method; specific, measurable, attainable, realistic and timely.

Be **specific**. If your resolution is to lose weight, be exact. Say you want to lose 20 pounds before you go on your Spring Break cruise. If you have something specific to achieve, the goal seems more realistic. You will be more apt to do what it takes to get there.

Make your resolution **measurable**. Rather than saying you want to eat healthier, set a goal of eating seven servings of fruit and vegetables per day. You will have a target to shoot for, and if the amount of healthy food is measurable, you will do a better job of keeping track.

The New Year is a fresh start and you may feel as though you can

conquer the world. But, then reality sets in. Healthy lifestyle changes are not that simple. Make your goals attainable. If it's not possible, that sets you up for failure. If you eat dessert every single night, then maybe giving it up cold turkey may not be the answer. A more attainable goal would be to have dessert only once or twice per week.

Be **realistic**! It is metabolically impossible for an individual to shed more than two pounds of body fat per week. Be advised: People who lose 10-15 pounds per week are usually losing water weight, muscle and a combination of fat. Healthy weight loss is gradual and steady. Aim to lose 1-2 pounds of fat per week until you hit your goal.

Make your New Year's resolution a **timely** one. Don't lose another year to procrastination. Define a time line plotting how you want to achieve your health goals throughout this next year. Set specific days/months in which you want to achieve certain milestones.



## Getting Healthy The SMART Way! - Kim Kantor, Ms. Fitness Southeast

Start the New Year off with a bang. Deciding to live a healthier way of life is a great New Year's resolution. But you need to be S.M.A.R.T. You need to make your goals: Specific, Measurable, Attainable, Realistic, and Timely.

First, set small goals. Remember it's healthy to lose only 1-2 pounds per week. Try to make weekly, monthly, 6 month or yearly goals. This will help you keep the weight off and allow you to see attainable results.

Second, have a support system. It's easier to workout and eat a healthy diet, if you have encouragement. Work out with a friend and support him or her as well. Get your family involved.

Third, get assistance from a professional.

Have a personal trainer help you plan a workout routine and a nutritionist prepare a meal plan. Your meals should not feel like a diet, rather a lifestyle you can continue to maintain. Stay away from fad diets. You'll lose weight quickly, but gain it back even faster. Slow and steady is the way to go.

Make the New Year a better one for you. Eat healthier and exercise regularly. But, make certain you can make this change a function of your everyday way of living.



## Live Longer: Have A Cup Of Coffee (Or Two)

Is there a link between drinking coffee and living longer? A recent analysis of study data suggests that there is. Analyzing study data, researchers found that during an 18-year period, the relative risk of death decreased among study subjects in direct proportion to the amount of coffee they drank.

The coffee consumption was self-reported among the 41,736 men and 86,214 women in the Nurse's Health Study and the Health Professionals Follow-up Study. Researchers divided subjects into six categories ranging from less than one cup per month to more than six cups per day. They found that the relative risk of death from all causes decreased in proportion to higher coffee intake. The decrease in deaths was primarily due to fewer cardiovascular deaths.



## Here's To a Healthy 2009!

So now that 2009 is here, what does Adam have going on in the reorder department? One thing's for sure, you can always count on him to have a monthly special.

Serving your family healthy meals is easy and economical. If it's time to reorder, please get in touch with Adam. He'll get you set up with a full menu of the best quality meats - steroid free and with no preservatives - delivered right to your door, in easy cooking portions.



### Three Easy Ways To Place Your Order:

1. Call Adam at 800-750-7239 or 770-279-4730
2. Order Online at [www.ServiceFoods.com](http://www.ServiceFoods.com)
3. Email Adam at [Service@ServiceFoods.com](mailto:Service@ServiceFoods.com)

## Golf With A Purpose

Last November, Service Foods headed to the links for a purpose. We sponsored a charity golf tournament benefiting the Georgia Transplant Foundation in honor of our former manager, Lance Green, who succumbed to liver disease in 2006. The event was held at the Hamilton Mill Golf Course in Dacula, GA. We all had a great time, as you can tell from the photo. From L-R are Rob Huber; Trey Pounders, President of Service Foods; Shannon Halbert; and Townley Pounders. ▼



## Mark Your Calendar

### January 19, Dr. Martin Luther King, Jr. Day

Federal holiday honoring the Civil Rights leader since 1986.



### January 20, Inauguration Day

Senator and President-Elect Barack H. Obama will be sworn in as the 44th President of the USA.



## Welcome To New Clients!

Here are some of our new clients who became members of my Service Foods family this past month. I'd like to welcome you and wish you and your family all the best in this New Year.

Steven & Carrie Burns, Taylor Clark, Robert & Peaches Curtis, Vincent & Gina Curtis, Harold & Jane Davis, Al & Lene Dawkins, III, Ronnie & Gay Eades, Robert & Melody Ehrhardt, Scott Farmer & Leslie Frazier-Farmer, Jaras & Tomeca Funderburg, Horace & Peggy Garner, Jr., Papa & Charlene Hammock, John & Terri Henry, Doke Hill, Laveren & Angela Hill, Reg & T. Huff, Ryan Matthews & Edith Griffin, William Moore & Bridgette Dye, Lee & Sharen Norman, Lance & Annie Palmer, Johnny L & Christy Roberts, Jr., Jerry & Pamela Santiago, Henry & Jayne Scanzano, Carlos & Charlene Smith, Gene & Jann Stephens, Chris & Ashley Sword, Kenn Turk & Felicia Leray-Turk, Kyle Wanha.

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◆ Is Stress Causing Your Weight Gain

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*The Newsletter For Healthy Living*



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