



A Message From Chef Mike

March is here and that means it's time to enjoy exciting college basketball and say hello to spring! Such festive days give us plenty of reason to celebrate. That's why I'm sharing my **recipe for beef fajitas** with you in this month's newsletter – the perfect dish to enjoy while

watching the Final Four. Pile on the toppings to these delectable fajitas, made with our juicy flat iron steaks, and you'll have a hard time getting your friends to leave after the big game!

This month, we're also proud to share some good news with you: Service Foods, always a supporter of "green" practices, has been **officially certified as 'Carbon Neutral!'** You can find out more about this recent announcement on page three of the newsletter. I think you'll be quite impressed by the amount of fuel and packaging we save.

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@ServiceFoods.com**. Happy *March Madness*, have a great month and, as always, thank you so much for your business.

Service Foods Recipe Of The Month - Beef Fajitas

Serves 4

- 2 Service Foods flat iron steaks
- Salt and pepper to taste
- 4 tbsp olive oil
- 1 large, sliced onion
- 1 red bell pepper, sliced into thin strips
- 1 avocado pitted and sliced into strips

Fajita Toppings

- Sour cream
- Shredded cheddar cheese
- Taco sauce



1. Set skillet to high for one minute. Season the Service Foods flat iron steaks to taste with salt and pepper.
2. Add 2 tablespoons of oil to the hot skillet and swirl to coat. Then, add the steaks and cook for 2 minutes per side.*

3. Reduce the heat to medium low and continue to cook the steaks, turning often until done to your liking. Remove the steaks and let them rest on the carving board.
4. Add 2 more tablespoons of oil to the pan to coat. Add the onions and peppers and sauté until softened, about 4 minutes. Remove the vegetables and place on serving platter.
5. Place tortillas into a hot non-stick pan and toast for 30 seconds per side.
6. Slice the flat iron steaks into thin strips and place on same platter as the vegetables. Serve immediately with flour tortillas, sour cream, cheddar cheese and taco sauce.

* Flat iron steaks are also great on the grill.

Check out a video demonstration of me preparing these delicious fajitas at **www.ServiceFoods.com! Enjoy! Chef Mike**

New Referral Program A Big Success!

We're thrilled with your response to our new referral program! It's gratifying to see how you've responded to the newly expanded program, which now offers you three ways to earn a reward.

If you have a friend or neighbor who you think could benefit from our service, please don't keep us a secret! You'll receive a \$100 bonus for each referral that joins the Service Foods family, **but you'll 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 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).



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, **please call 770-448-5300** or simply fill out the easy referral form at **www.ServiceFoods.com/refer**. Or you can send me an email to **ChefMike@ServiceFoods.com**. We'll take special care of your friends and even give them a surprise gift from you. Thank you for your support!

Celebrating Seasonal Activity And Foods - By Dana Yarn, RDL

This is the time of year when New Year's resolution hype typically wears off and the gym routine and diet regimen can get a little boring. If you think your motivation is wearing thin, it's time to change your perspective and mindset.

If you feel like you are dragging yourself to the gym... STOP!

Rather than fighting the minutes on the treadmill, find an exercise activity that you truly enjoy. Take sailing lessons, join a tennis team or softball league. Exercise does NOT have to be the standard cardio and strength training routines typically found in fitness magazines.

To break up the monotony of traditional gym workouts, innovative fitness trainers have been known to take their clients on adventurous sessions such as kayaking and rock climbing. Spring is when I personally set up a season of triathlons, so that I have an event to train for, and my workouts have more of a purpose. To me, nothing beats a run or bike ride on a beautiful spring day! If you make an effort to do activities outside, not only will you enjoy yourself, but you'll get into shape without even realizing it!

While you're at it, don't let your nutrition fall through the cracks.

Just because you are spending more time outside does not mean you are free to hit the drive through or ice cream shop. Embrace healthy eating with an occasional visit to your local farmer's market for seasonal foods. You could even reward yourself for your nutritional efforts with fresh flowers while you're there. After stocking up, throw some Blue Ribbon lean meat and seasonal vegetables on the grill for a quick and healthy dinner, or make pre or post workout smoothies with seasonal fruits like berries and mangos.

If you are stuck in an "I eat the same foods every day rut," pick up a cooking magazine or go online and search for new recipes. Don't forget to check Chef Mike's delicious recipes posted every month! Sometimes all you need is a tasty, nutritious meal to remind you that eating healthy does not have to be bland or boring. Happy spring, get out there and have some fun!

To watch my latest video, check out my blog at <http://eating-right.servicefoods.com>.



The Service Foods Spotlight!

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

- Michele Battle of Stone Mountain for referring Leslie Deveaux-Christian
- Ronald & Peggy Perry of Thomaston for referring Mayne & Deborah Gooden
- Robert & Wanda Mason of Lawrenceville for referring Christian & Jennifer Kuhtz, III
- Justin & Reda Allen of Buford and Dr. Kenneth & Cari Kilgore of Woodstock for referring James & Rayetta Parrish
- Erika Jones of Atlanta for referring Hoyt & Jennifer Stanfield
- Gaylon & Michelle Willis of Atlanta for referring Donald & Ava Baker
- Christopher & Wren Garner of Villa Rica for referring Jerry & Kimberly Latimer, Jr.
- Robert & Allison Hooton, Jr. of Villa Rica for referring Monoletto & Meagan Thompson
- Edward B. Smith of Acworth for referring Richard & Nicole Thompson
- Jesse & Sandra Eady of Jasper for referring Steven & Michele Yacks



Chef Mike's Recipe Challenge

Kudos to Sharon Currin of Oxford, NC for correctly answering the recipe challenge question.

Q: In last month's Pork with Brandy Cream Sauce Recipe, which ingredient is added *after* the cream?

A: The Dijon mustard! Sharon was randomly selected from all of the correct entries and wins an 8" Carrico Professional Chef's Knife! Keep an ear out for my next recipe challenge, coming later this month.



Congratulations To The Feb. Trivia Question Winner!

Congratulations to Kathy Bell of Dalton, GA for submitting the correct answer to last month's trivia puzzler: **Cupid, the quintessential Valentine's Day Symbol 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



The correct answer was both 'A' and 'C'! According to Greek mythology, Cupid was the son of Aphrodite. But according to Roman mythology, he was the son of Venus. Many of you savvy trivia buffs got this right. To be fair to both ancient mythologies, we've drawn our winner at random from all those who sent in either 'A' or 'C' as your answer. **Congratulations, Kathy! Enjoy your French Silk Pie!**

Now how about you? Are you ready to take the Trivia Challenge?

March Trivia Challenge

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 University

Send your answer to me at **ChefMike@ServiceFoods.com**. If your answer is correct, you'll be entered into a drawing to win a delicious Carrot Layer Cake!



Service Foods Officially Certified 'Carbon Neutral'

Last month, Service Foods was officially certified as 'Carbon Neutral.' "You can't sell organic and all natural food and not be Carbon Neutral," says Keith Kantor, CEO of Service Foods. "Because we're already conserving energy and recycling, our carbon footprint was smaller than other companies our size."

Here's how we protect the environment: Our flash frozen/chemical free meats, fish, and vegetables are packaged in a material called Iolon film, which is completely biodegradable (instead of being wrapped in plastic with a Styrofoam tray like you might see at the supermarket). All of these foods are delivered in reusable totes, saving approximately 120,000 cardboard boxes a year (further stopping another 103,200 kg of CO² emissions from being released into the atmosphere). The delivery trucks even run on biodiesel fuel.

By reducing the number of trips our clients make to the grocery store, more than 144,000 gallons of gasoline are conserved, which equates to over twelve hundred [metric] tons of CO². This is equivalent to taking about 230 cars off the road annually. Further, we recycle over 100,000 cardboard boxes a year, reducing our annual CO² emissions by another 8.6 metric tons!

Here are some of the other actions we've taken to reduce our impact on the environment:

- Shred and recycle all of our menus and paperwork in our offices.
- Send all of our renderings (bone, fat, etc.) from our production facilities to be recycled.
- Use energy saving fluorescents for all of our lighting needs in our plants and offices.
- Use steam or all natural bio-degradable products when cleaning our production facilities and offices.
- Use a proprietary blend of biodiesel for our fleet of trucks

Because we still require electricity and natural gas to serve you, we "neutralize" our remaining carbon footprint by funding offset projects that either sequester CO² from the air or eliminate the creation of greenhouse gases. All offset projects are third-party verified by the Chicago Climate Exchange.



Is Your Metabolism Burning The Wrong Fuel? - By Dr. Len Lopez

The biggest reason people struggle with fatigue and weight gain is that they are burning the wrong fuel! The body is designed to burn 'calories' to produce energy. It does this by taking calories from the breakdown of carbohydrates, protein (lean muscle) or fats.



Successful weight loss occurs when you burn *stored fats* for energy. The patients I see who are always struggling with their weight, are burning carbs and proteins - NOT stored body fat. This is also a critical factor for those who suffer from fatigue and lack of energy... because you produce two and a half times more energy when you break down fats for energy versus carbs and proteins.

The first step in overcoming fatigue and weight gain is to find out how well your metabolism is functioning and determine if stress could be your problem. These are huge issues! I encourage you to use my 'Online Health Quizzes' at www.NatraTech.com/health_quizzes.htm to see where you stand.

Don't be confused. Weight loss is not just about how many calories you eat and burn. If you haven't been successful with your dieting results, it could be because you are focusing on the wrong things. Burning the right fuel can dramatically change the results you achieve with your health program.

*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's website at www.drilenlopez.com.*

What Are Health Professionals Saying About Service Foods?

Just a quick note to compliment you on the incredible service you and your company are providing. Your natural preservation technique to maintain the high quality of the nutritional value of your products goes beyond FDA requirements and the expectations of most consumers.

Having worked in the health industry for over 30 years, most of those in primary care, I cannot emphasize enough to my patients the value of eating high quality foods with all the supplied nutrients available at the time of consumption. Service Foods is dedicated to that concept.

Your approach to the provision of quality foods at a reasonable fee for the 'on the go' family provides rapid preparation with enhanced nutritional value. I commend you and encourage you to keep up the good work.

Respectfully Yours,

David C. Baugher, D.C. DABCO
Chiropractic Orthopedist, DeSoto
Wellness and Rehab Center

Are You Ready For Grill Season?

There's nothing like the taste and flavor that comes from outdoor cooking. In fact, what could be better than a good ol' hamburger, hot off the grill?

Spring is the perfect time to throw a few steaks, chicken breasts, or burgers "on the barbie". Mouth watering yet? If it's time for your reorder, call us today. Please remember to ask Adam about this month's specials!

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
3. Email Adam at Service@ServiceFoods.com



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 personally welcome you and wish you all the best:

Kerry & Tas Alexander; Don & Ava Baker; Terence & Dana Caple; Leslie Deveaux-Christian;

Billie & Debbie Gooden; David & Christy King; Christian & Jennifer Kuhtz, III.; J.J. & Kim Latimer, Jr.; Billy & Kim Liddle, Jr.; Tim & J McDonald; James & Rayetta Parrish; Hoyt & Jennifer Stanfield; Mono & Meagan Thompson; Rich & Nicole Thompson; Bill & Leeann Thompson; Steven & Michele Yacks.

Mark Your Calendar

March Madness Begins Sunday, March 15

Basketball fans officially rejoice at the excitement of the NCAA Men's Basketball tournament. Selection Sunday begins the madness on 3/15, with the opening round game played on 3/17.



Saint Patrick's Day Tuesday, March 17

Celebrated in the United States with parties, parades and by wearing green clothing.



First Day Of Spring Friday, March 20

The first day of spring in the Northern Hemisphere begins with the vernal equinox at 7:44 a.m. EDT.



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 - ◆ Celebrating Seasonal Activity And Food

The Newsletter For Healthy Living



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