

HEALTHY LIVING

Service Foods'
Monthly Newsletter



*All-Natural,
Healthier Foods
No Growth Hormones
No Preservatives
No Chemicals*

A Message From Chef Mike



Hello and welcome to the August edition of Service Foods' Healthy Living Newsletter!

Isn't it amazing how quickly the summer has flown by? It's hard to believe, but we're quickly approaching Labor Day and the start of a new school year. With all the demands of work, school and sports you might be short on time, but you can still prepare a delicious dinner full of your favorite products from Service Foods. My Recipe of the Month, Chicken Satay with Peanut Dipping Sauce, is a great way to add some excitement to your next meal.

This month, Dana talks about how salads, when not prepared properly, can actually sabotage your health and weight loss goals. From choosing the best dressings to ideas on tasty ingredients, she provides several great tips to help you transform your mediocre salad into a satisfying and delicious meal. Our fitness expert, Herb, again gives some great advice on weight training, including examples on how to make your sets more challenging. In other exciting news, the CEO of our company was recently honored as a finalist for the prestigious Ernst & Young Entrepreneur Of The Year Award. You can read more about this accolade on page three.

If you have thoughts, comments or feedback for me on this newsletter, my recipe or anything else, please email me at ChefMike@ServiceFoods.com. Have a wonderful August, and thank you for your business.

Chef Mike

Could Your Salad Be Contributing to Weight Gain?

Dana Yarn, RDLD

Don't assume that just because you're eating a salad that you're making the smartest choice. Learn how the right ingredients can take your salad from unhealthy to extremely nutritious — and delicious!



Contrary to popular belief, a low-calorie salad could have a negative impact on your weight loss or healthy lifestyle efforts. When I first sit down with clients who struggle with their weight, we discuss what they typically eat each day.

Some of my clients say to me, "I eat really healthy; I have a salad with fat-free dressing for lunch." It may sound healthy, but it's not — it's just low calorie, which in turn makes them hungry later in the day. They end up eating anything in site when they get home from work because their bodies are craving the calories they missed out on at lunch — thus leading to weight gain.

Don't get me wrong — salads can be one of the best things you can eat — but only if you make them super-food salads. Yes, they are higher in calories, but they are also higher in nutrients,

meaning you'll feel full for a longer period of time. Feeling full will help you make smart choices and keep you from overeating later in the day.

Try my tips to create healthy and satisfying salads!

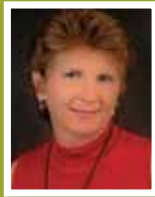
- Put your salad dressing in the bowl first. This will help you save on calories because you can then toss the salad, rather than putting too much dressing on the top and thereby consuming unwanted calories.
- You can easily create your own salad dressing. Just start with your favorite flavored vinegar, such as apple cider, berry or balsamic, and then add oil — olive and safflower oils are good choices. If you are looking for a healthy store-bought dressing, look for one that is oil- or vinegar-based. Creamy dressings are not as heart healthy.

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Favorite Items & Recipes from Our Staff

Connie's Stuffed Zucchini



- 4 medium zucchinis
- 1/2 pound ground beef (Bulk - Ground Beef Extra Lean #1011531) or ground turkey (Ground Turkey Breast #2027430)
- 1 pound sausage (Bulk Sausage #3038110)
- 1 small onion, chopped
- 1 red pepper, finely chopped
- 1 egg, beaten
- 1 28 oz. can crushed tomatoes
- 1 10.75 oz. can chopped tomatoes
- 1/2 cup dried breadcrumbs
- 1/4 cup Parmesan cheese
- 1/2 teaspoon crushed oregano

1. Preheat oven to 375.
2. Cut the zucchini in half lengthwise. Coat them with olive oil and place on a baking sheet.
3. With a spoon, scoop out the meat of the zucchinis, leaving just enough meat inside to cover the skin. Place the zucchini meat in a large bowl.
4. Remove the sausage from the casing and place it in the bowl with the zucchini meat. Add the ground beef or turkey to the bowl as well. (The meat can be cooked ahead of time, or it can be added to the mixture raw as it will thoroughly cook during the time in the oven.)
5. Add the onion, red pepper, oregano, Parmesan cheese, breadcrumbs, egg and both cans of tomatoes to the bowl.
6. Mix all the ingredients together. If you need to make the mixture more moist in order to combine the ingredients, add a little bit of water at a time.
7. Once the ingredients are thoroughly combined, scoop the mixture into the hollowed-out zucchinis. Any remaining mixture can be placed into an oven-safe dish and baked along with the zucchinis. Be sure to coat the mixture with olive oil before baking.
8. Place in the preheated oven and cook for 35 to 45 minutes. Remove and serve.

Weight Training: Challenging Yourself

Herb Cables, Mr. Georgia Natural
Bodybuilding & Mr. Atlantic

Our fitness expert goes into even more detail with several great weight training tips. Read about how you can easily incorporate his training examples into your existing exercise routine

In our last issue, we looked at how the tempo of your exercises affects your workout and how different ways to put exercises together can make your workout more exciting. This month we'll discuss how to make those sets more challenging and how to increase your volume of exercise.

First, let's look at how our lessons from last month look in a practical setting.

Antagonist: In this method, you pair two exercises for opposing (antagonist) muscles. As with other supersets, there is no rest between the first and second movements. With this approach, you can pair these muscles together:

- Chest and back
- Biceps and triceps
- Quadriceps and hamstrings
- Lateral/front deltoid and rear deltoid
- Abdominals and lower back

Triple sets: This technique is similar to the superset, but instead of doing two exercises back to back, you perform three movements in a row. This is obviously a very demanding method that should not be abused, especially by beginners and/or individuals with low work capacity.

Just like supersets, there are several alternatives when it comes to triple sets. A pre- and post-fatigue option starts with one isolation exercise, follows with a compound movement and then closes with another isolation exercise. An example for the chest might look like this:

- Dumbbell flies for 8-10 reps
- Decline bench press for 6-8 reps
- Cable crossover for 10-12 reps

Holistic: This consists of performing one compound movement with heavy weights and low reps, moving on to an assistance exercise performed for an intermediate number of reps (8-12) and then finally performing an isolation drill for high reps (anywhere from 20 to 40 reps). An example for the legs could look like this:

- Squat for 4-6 reps
- Leg press for 8-10 reps
- Knee extensions for 30 reps



Drop sets: These are part of a category of training method called "extended sets." Extended sets means that after you reach a point where you can't lift a weight one more time with proper technique, you find a way to continue on doing more work. This is normally done either by reducing the weight (drop sets) or by taking a short rest before continuing on with the set (rest/pause or cluster sets).

When performing a drop set, you basically perform a certain number of reps with a given weight. At the end of that "first" set, you reduce the weight slightly and immediately continue performing reps with the reduced weight. For example:

- Leg press with 100 pounds for 20 reps
- After 20 reps, go down to 75 pounds for 10-12 more reps
- After 10-12 reps, go down to 50 pounds for 5-6 reps

Burns: These are partial (half) reps performed at the end of a regular set. For example, you perform 10 full reps on the dumbbell curl, and at the end of the set you add 5-6 partial reps at the second half of the range of motion.

Muscle failure: This is the point at which you can't complete one more proper repetition at a given weight. In other words, you reach a point of muscle failure when you're unable to complete a rep without having the help of a spotter or resorting to cheating/bad form.

Failure can occur due to several factors, including complete fatigue of the muscle fibers (rare), accumulation of metabolites in the muscle—which makes contraction harder or impossible—and fatigue of the nervous system.

This should help you get to the next level of your training. Next month we'll focus on muscle groups and exercises that affect those areas. Happy training!

If you have a fitness-related question, please email fitness@ServiceFoods.com.

Recipe of the Month

Grilled Chicken Satay with Peanut Dipping Sauce

Serves 4

- 1½ pounds of chicken tenders or breasts, cut into ½-inch strips
- 1 teaspoon dry thyme
- 1 teaspoon dry oregano
- ½ teaspoon chipotle pepper
- ½ teaspoon salt
- ½ teaspoon pepper
- Spray olive oil
- Bamboo skewers, soaked in cold water for one hour

1. In a small bowl, mix the thyme, oregano, chipotle pepper, salt and pepper.
2. Rinse the chicken under cold water and pat dry with paper towels.
3. Thread the chicken onto the bamboo skewers and then spray with olive oil to coat all sides.
4. Sprinkle the herb mixture evenly over the skewered chicken.
5. Grill the chicken skewers over medium for two minutes per side. Lower the heat to low and continue to grill the chicken until it is just done. Remove the chicken from the grill and set aside.



Peanut Dipping Sauce

- 1½ cups smooth peanut butter
- ½ cup coconut milk
- ¼ cup fresh cilantro
- 3 tablespoons water
- 3 tablespoons fresh lime juice
- 3 tablespoons soy sauce
- 1 tablespoon hot sauce
- 1 tablespoon fresh ginger, finely minced
- 1 cantaloupe, halved and seeds removed

1. Place the peanut butter, coconut milk, cilantro, water, lime juice, soy sauce, hot sauce and ginger into a large bowl and mix well.
2. Pour the dipping sauce into the cantaloupe cavity.
3. Stick the cooked chicken satay skewers into the rim of the cantaloupe and serve.

Check out a video demonstration of me preparing this flavorful recipe at www.ServiceFoods.com!

Bon appétit! - Chef Mike



Keith Kantor, pictured fourth from right, on stage with the other finalists.

Service Foods CEO Honored as Finalist for Ernst & Young Entrepreneur of the Year 2010 Award

Keith Kantor, Chief Executive Officer of Service Foods, has been honored as a finalist for the Ernst & Young Entrepreneur Of The Year Award for the Alabama, Georgia and Tennessee region.

The Ernst & Young Entrepreneur of the Year Award program recognizes entrepreneurs who demonstrate extraordinary success in the areas of innovation and personal commitment to their businesses and communities. The finalists, who were selected by an independent panel made up of regional academic, business and community leaders, were honored during an awards gala on June 24 at Intercontinental Hotel Buckhead in Atlanta.

“Being selected as a finalist for the Ernst & Young Entrepreneur Of The Year Award is a great honor for me, as well as for Service Foods. It is a privilege to be in the company of the many prestigious organizations that have earned the award over the years,” remarked Kantor.

He continued, “For Service Foods to make the final eighteen out of the thousands of entries is such an honor, and our recognition in the final three in the manufacturing and distribution category goes beyond our greatest expectations. I am lucky to have the best employees any company or CEO could wish for, and I consider it an honor and privilege to work for them.”

Now entering its 24th year, Ernst & Young Entrepreneur Of The Year is the world’s most prestigious business award for entrepreneurs. Past winners include Fortune 500 companies such as Oracle, Dell and Home Depot.

Could Your Salad Be Contributing to Weight Gain?

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- Use dark, leafy greens like spinach, spring mix or romaine lettuce. Pale-colored greens, such as iceberg lettuce, don’t have nearly as much nutrition as dark, leafy greens
- Add vegetables of your choice. Peppers, onions, carrots — get creative!
- Make sure you add a heart-healthy fat such as two tablespoons of chopped walnuts or almonds, or try some sliced avocado.
- If you do add cheese, only add 1 oz. or less. Sharp cheeses, such as feta and Parmesan, tend to have less fat.
- For a sweet kick and added color, add some chopped fruit like pears, apples or berries.
- Lastly, top off your salad with some protein to make it more balanced and ensure you will

feel satisfied after eating. Try tofu, beans, or 2 oz. of grilled chicken breast or lean steak.

Enjoy these exciting salads while you load up on nutrients!

If you have nutrition questions, email me at dietitian@ServiceFoods.com.

To check out my latest video, log onto my blog at <http://EatingRightServiceFoods.com>.





Reorder All Your Favorite Items Today!

This Labor Day, show off your grilling skills! Impress your friends and family by cooking up our fresh, great-tasting meats, poultry and seafood. Be sure to stock up on all the delicious Service Foods products you love when you place your order today!

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: azeisel@bellsouth.net

Welcome To New Clients!

Here are some of our new clients who became members of our Service Foods family in the last month. I'd like to personally welcome you and wish you all the best:

Jonathan Andrews; Richard & Roxie Bolton; Jim & Natasha Borg; Jack & Kay Brown; Stephanie Clerk; Catherine Coleman; Samuel & Amy Crank; Jeff & Susan Dunn; James & Marling Forest; Elizabeth Gallegos; Sean & Tonya Gilbert; Steve & Grace Hobbie; Matt Hogarth; Reginald & Paris Holland; Carl & Michelle Hossack; Bert & Zandre Jean; Brain & Kathy Lohmuller; James McClenton; Spencer Mitchell; Oreon & Kiesha Montague; Rhonda Moore-Kelly; Mike & Sandra O'Neill; Perry & Michelle Satchell; Rosina Sawh; Tom & Robin Seabrook; Jeremiah & Heather Smith; Stephen & Lisa Stillwell; Kirby & Kellie Stough; Eric & Callie Stout; Carl & Gloria Tippin and Miguel Velez.



The Service Foods Spotlight!

Thank you to our wonderful clients who've referred their friends and family last month. You are the best and we're grateful!

My heartfelt thanks to:

- > Lilia Reyes of Lawrenceville for referring Elizabeth Gallegos
- > Kirby & Pamela Jones of Woodstock for referring Jeremiah Smith of Woodstock
- > Harold & Jerrinah Channer of Acworth for referring Wilbert & Zandre Jeanof

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