

# 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 January edition of Service Foods' Healthy Living Newsletter!

Happy New Year from all of us at Service Foods! We hope you enjoyed the holidays with your family and friends and are now energized to begin a new year. There's no time like the present to kick off (and stick to) your health and fitness goals!

We're ringing in 2011 with one of our best newsletters yet. This month, Dana offers great ideas and motivation for daily goals that will take you far beyond the typical New Year's resolutions. Our fitness expert, Herb, also provides details on a number of exercises designed to give you a fit and toned midsection. You'll find that my recipe of the month, Stuffed Flounder with Lemon Couscous, is a healthy dish that's full of flavor but simple to prepare. It's perfect for busy weeknights when you're in a rush but still want something special for dinner!

I welcome your thoughts, comments and feedback on this month's newsletters, my recipe or anything else in this issue. Please feel free to email me at [ChefMike@ServiceFoods.com](mailto:ChefMike@ServiceFoods.com). We thank you for your business throughout 2010, and we look forward to bringing you even more delicious, all-natural foods and indispensable health, nutrition and fitness information in 2011.

*Chef Mike*

## The Best New Year's Resolution You'll Ever Make

Dana Yarn, RDLD

*Health and fitness-related goals are always popular New Year's resolutions, but it's important to remember that you can make smart decisions any day of the year.*



This year, I propose that you never again make another New Year's resolution.

The idea behind making a New Year's resolution is great, but in reality most people don't stick with their resolutions because they set their expectations too high. Unrealistic expectations usually lead to horrible feelings of failure and guilt.

I believe that New Year's resolutions give you a great excuse for procrastinating and waiting to start working toward your goals later rather than right now. Every day — not just January 1 — is an opportunity to set both short-term and long-term goals and work toward them. Why wait until January to start working toward your goals? If you have already let yourself down this year by getting off track, don't sweat it — just pick back up where you left

off and keep at it. There are always going to be parties and events that are going to throw you off track. Those who do achieve their goals to make healthy lifestyle changes will tell you that they are not perfect and it is overwhelming and unrealistic to believe that you can be perfect. Life is meant to be lived, and you should never feel deprived.

*Here are some great examples of daily goals:*

- I will cut out my daily beer or wine with dinner and only have alcohol on the weekends
- I will eat out only two times this week and cook healthy dinners the rest of the week
- I will plan out my meals and snacks for the week so I am not tempted to get fast food or vending machine snacks

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## Favorite Items & Recipes from Our Staff



### Mike's Pork Tenderloin with Spinach & Cheese

- 1 pork tenderloin, thawed (#3031340 Pork Tenderloin)
- 2 bags spinach, thawed and drained (#4147040 Chopped Spinach)
- 1 cup mozzarella cheese
- 2 tablespoons butter
- ¼ teaspoon garlic powder

1. Preheat oven to 325°F.
2. Split the pork tenderloin down the middle.
3. Sauté the baby spinach in butter and garlic powder until soft.
4. Place cooked spinach inside the split pork tenderloin then cover with mozzarella cheese.
5. Bake in an oven-safe dish for 20-25 minutes or until meat is no longer pink.
6. Cut tenderloin and place on a bed of rice. Serve with your favorite vegetables and garlic toast.

## Enjoy an Italian Dinner with Our New Pastas!

Service Foods is now offering high-quality pastas from one of Italy's most respected companies. Available in five delicious varieties, the pastas will make your next meal a special affair.

Our new wholesome pastas from Valdigrano, which means "valley of grain" in Italian, are made in Northern Italy in a family-run, state-of-the-art production facility where advanced technology and tradition harmoniously coexist.

Valdigrano pastas are available in Spaghetti, Organic Whole Wheat Spaghetti, Penne Rigate, Organic Whole Wheat Penne Rigate and Organic Whole Wheat Fusilli.



## My Top Five Exercises for Awesome Abs

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

Who doesn't want toned abdominal muscles? Get on track to a fantastic stomach today with these highly effective moves!

Everyone asks me about exercises they can do to make their stomach flatter. To be honest, the best way to get your abs in shape is to eat better. Now, for those of you who actually do eat better, here's how to make those muscles tighter.

**Front Plank:** Place your elbows slightly further out in front of you (so you are not at a 90-degree angle) and closer together to increase the lever arm length and reduce the width of the base of support. Then, forcefully lock out your knees by contracting the quadriceps (thigh muscles). Finally, contract your glutes as hard as possible to the point where your pelvis is posteriorly rotated. These alterations to the traditional plank should have your abdomen screaming for mercy after about 30 seconds of holding!

**Turkish Get Up:** Made popular by the kettlebell community, this exercise poses demands on several core muscle groups, including the lower rectus abdominus, external obliques, internal obliques and erector spinae. This is an extremely challenging exercise to teach via written description, so seek out a personal trainer – especially one who is a certified kettlebell instructor – to learn this demanding exercise correctly.

**The Ab Wheel:** This is one of the only tools that I don't mind promoting because it actually works. When done correctly, the rectus abdominus gets activated without involving the lumbar spine (lower back). The first stage of progression begins with your knees on the floor and then you roll out, which as the name suggests, means pushing the wheel forward until your upper body is fully extended while on your knees. Once extended, pull the wheel back in while drawing your abdomen back up into the starting position. Want a more advanced move? Try this exercise standing up.

**Hanging Leg Raise:** Old favorite in most gyms across the land, the hanging leg raise challenges lots of different muscle groups at once, including the back, arms and grip strength. Raise your legs by flexing your hips and knees until your hips are fully flexed. Continue to raise your knees



toward your shoulders by flexing your waist. Return until your waist, hips, and knees are extended.

**Full Contact Twist:** The best things in life are not free; you have to work for them. This exercise is no exception. Take a barbell and put one end in the corner of a wall. Stand on one side of the bar and hold the other end with both hands. Pivot and turn the bar counterclockwise (with your elbows locked) until you almost face the corner and return to start. Imagine you are giving someone an uppercut with the bar.

That's it! Split up when you do these exercises and how many reps you perform. You may do abdominal exercises daily, but use different variables and only one or two exercises. Here's an example of how to organize a plan for the above:

### Monday:

- A1: Full Contact Twist; 8 reps per side, 3 sets
- A2: Front Plank; 30 seconds, 3 sets

### Tuesday:

- A1: Ab Wheel; 10-12 reps, 3 sets
- A2: Hanging Leg Raises; 10-12 reps, 3 sets

### Wednesday:

- A1: Turkish Get Up; 8 reps each side, 3 sets

### Thursday:

- A1: Front Plank; 45 seconds, 4 sets
- A2: Ab Wheel; 45 seconds, 4 sets
- A3: Hanging Leg Raises; 45 seconds, 4 sets

### Friday:

- A1: Full Contact Twist; 10 reps each side, 3 sets
- B1: Turkish Get Up; 10 reps each side, 3 sets

If you have a fitness-related question, please email [fitness@ServiceFoods.com](mailto:fitness@ServiceFoods.com).

## Recipe Of The Month

### Stuffed Flounder with Lemon Couscous

Serves 2

- 2 crabmeat stuffed flounder fillets, thawed

#### Lemon Couscous

- ½ tablespoon Dijon mustard
- ½ teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- ¼ cup olive oil
- 1 box plain couscous (10 oz.)
- 2 cups boiling water
- 1 teaspoon salt

#### Aunt Nancy's Salad Dressing

- 2 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ teaspoon fresh ground pepper
- ¼ cup olive oil
- Salad mix

1. Preheat oven to 375°.
2. Place the stuffed flounder on a baking sheet and place on the oven center rack. Cook for 25 minutes, then remove from the oven and cover with foil to keep warm.
3. In a large bowl, combine the Dijon mustard,



lemon zest and lemon juice for the couscous. Whisk vigorously while slowly adding the oil. Set aside.

4. In another large bowl, add the red wine vinegar, Dijon mustard, sugar, salt and ground pepper for the salad dressing. Whisk vigorously while slowly adding the oil. Serve over your favorite salad mix.
5. Place the couscous and salt in a medium-sized bowl then add the boiling water. Cover with plastic wrap and let bloom for 5 minutes. Fluff with a fork then add the mustard/lemon zest/lemon juice/olive oil mix. Toss well and serve with the prepared stuffed flounder and salad.

Check out a video demonstration of me preparing this flavorful recipe at [www.ServiceFoods.com](http://www.ServiceFoods.com)!

*Bon appétit!* - Chef Mike



## Service Foods Recognized by The American Business Journal

Service Foods was recognized in the Winter 2010 issue of The American Business Journal (ABJ) for its approach to improving America's health one family at a time. The ABJ is sent nationwide to more than 125,000 senior executives in major U.S. industries across the country and is part of George Media Network, the first digital-only publications in North America to be independently audited by Nielsen.

The ABJ feature, which runs from pages 50 to 57 in the issue ([www.abjusa.com/emag/Winter\\_10/ABJ.php](http://www.abjusa.com/emag/Winter_10/ABJ.php)), highlights Service Foods' continued success and impressive growth despite the global recession by, according to the article, "looking at the healthy, environmental and organic side of food production and service."

Service Foods' CEO Dr. Keith Kantor explains in the article, "When people have a problem, like diabetes, high blood pressure or heart problems, we know what foods they should and should not have. So we came out with guidelines that people can seek out through our website." The mobile-optimized version of the Service Foods' website also allows clients to browse health materials, information on the company's organic food and all-natural products, along with calorie and nutrition calculators.

The feature also focuses on Service Foods' dedication to helping clients adhere to the Center for Disease Control's guidelines for living a healthy lifestyle and its environmentally friendly business practices.

## The Best New Year's Resolution You'll Ever Make

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- I will place a 2-liter bottle filled with water on my desk so I can meet my daily water intake and avoid sodas
- I will pack my gym clothes in my car and go to the gym right after work three times this week for 60 minutes each time
- If I cannot make it to the gym I will walk around the neighborhood or do exercises at home for at least 45 minutes

I used to laugh at my mom and her strict routine. She runs three times a week at the same time, she makes list for everything and you could eat off of the floor of her house — which is always organized and clutter-free. I used to think she was wasting so much time organizing and missing out on everything else.

Now that I am a wife, mom, dietitian and triathlete, I realize that she was on to something. Life has to be organized in order

to function properly. Setting daily goals, keeping your planner up-to-date and keeping your house organized are all important steps in creating a path to reach your goals.

Share some of your goals with me on my blog at <http://Eating-Right.ServiceFoods.com>.

You can also check out my latest video while you're there! Have a happy New Year!

If you have nutrition questions, email me at [dietitian@ServiceFoods.com](mailto:dietitian@ServiceFoods.com).





## Start the Year Off the Right Way!

Now is the perfect time to restock your freezer with Service Foods' healthy, all-natural beef, pork, chicken and seafood. Don't forget to order our new flounder stuffed with crab, so you can give Chef Mike's recipe of the month a try!

### 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: [azeisel@bellsouth.net](mailto: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:

Art & Carol Alexander; Carrie Barnes; David Berry; George & Carolyn Billups; Sean Black; Jason & Nan Britt; Bill & Lu Burtz; Robert & Robin Cathcart; Lloyd & Rhonda Cline; Kenneth Curtis; David & Claudia Daniels; Daryl & Tammy Dunckel; J. Michael & Kristen Franklin; Richard & Diane Green; Mike & Lynn Griffin; J.R. & Monica Hawkins; Wendy Irish; Greg & Karin Janik; Evelyn Jones; Warren Lynch; Julius & Carol Martin; Henry McNeil; James & Janice Merriman; Vivian & Joyce Mills; Mark & Kathy Pirozzolo; Eric & Letitia Reese; John & Linda Shaw; Glenn & Shelley Townley; Ellen Wagner; and Corbin Williams.



## 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:

- > Calvin & Burnquetta Nared of Snellville for referring Theresa McNeil
- > Corey Bates of Villa Rica for referring Tami Berry
- > Daniel & Loralie Davis of Marietta for referring Elaine Williams
- > Christina Martin of Roswell for referring Julius & Carol Marton
- > Jason & Allison Hodges of Cumming for referring Michael & Kristen Franklin
- > Jamie Pridgen of Lawrenceville for referring Richard & Lauren Moffatt

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