



A Delicious, Nutritious, Time-Saving Alternative to Eating Out!

Ready...Set...Eat!

The Sous News™

August 2008

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Welcome to the August Update from Ready, Set, Eat! Inc.

This month we highlight another of our strategic partners, Susan Victor-Reed with Designs of the Interior. From custom furnishings and window treatments, to an artful eye on transforming your favorite room, Susan can take an ordinary space and turn it into something extra-ordinary! Find out more in our spotlight below.

If you find yourself in need of a little extra help this summer and want to beat the heat with a ready supply of delicious, healthy meals, we are just a phone call or email away! Or plan ahead for the upcoming school year... the need for regular, healthy meals is right around the corner!

Our chef service may be just the thing to get you and your family back to the dinner table, eating healthy meals.... together.

Feel free to point your friends, neighbors and family to The Sous News page, where they can subscribe for themselves and can stay informed as well!

Happy Eating!

Shana Larsen and the Chefs of Ready, Set, Eat! Inc.

August's Top Tips for Healthy Eating

Eat More Fiber!

Most folks know that fiber is good for us and that all of us should integrate more fiber into our diets. What does this really mean? How can we do this?

Most of our first notions about fiber (and how to get more of it) usually center around grains. If you pay attention while at the grocery store, you'll see claims of "Whole Grains" on everything from unrefined brown rice to sugary cereals marketed to kids. However, not all "whole grains" are the same!

Incorporating whole foods (the unrefined and unprocessed varieties) that contain fiber is your best bet to feeling fuller faster and obtaining a more functional digestive system.

Some examples of great foods to incorporate include: brown rice, beans, lentils, almonds (and other nuts), popcorn, whole wheat (not cracked wheat) breads, oatmeal, pears, strawberries, apples (with the skin intact), figs, peas, artichokes, and corn. Click here for more high fiber food ideas.

Personal Nutritional Balance. There are some nutritional truths that work well for everyone, such as choosing sparkling water over the empty calories of soda or electing to eat a grilled chicken breast instead of a piece of fried chicken. However, in our over 5 years of personal cheffing for different clients, we have found that

different folks digest and feel better choosing different dietary lifestyles.

It's important for all people to get all of the nutrient group, including carbohydrates, protein and fat. However, depending on how active your lifestyle is (including your profession, extra activities, training for a special event, etc.), your nutritional needs will change. For one person, choosing lean meats and healthy vegetables may give them the energy they need. However, those training for an athletic event, for example, need more complex carbohydrates for sustained energy. There's a reason the term "carbo loading" exists!

Analyze how you feel after you consume different types of foods. What seems to settle best with you? Do you feel best eating three meals a day, or five smaller meals? Do you crash at the end of the day, or find yourself with extra energy? Did your food choices have anything to do with that? Most likely, they did. My best advice; do what works best for you. Experiment with new foods and see what type of energetic reaction they have... for you.

Need more help making healthy eating choices? Let a personal chef help! We can take all of the guesswork out of the "What's for Dinner?" question and get you back to the family dinner table.

Ready, Set, Eat! Inc.
13500 SW Pacific Hwy
PMB 429
Tigard, Oregon 97223
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Marketing Spotlight : Designs of the Interior

Designs Of The Interior offers a new way to design your home; because every life is uniquely designed. As a full service Interior Design Studio, we provide custom furnishings, custom window treatments, lighting, area rugs, artwork, accessories, flooring, and specialize in both residential and commercial design.



According to Susan Victor-Reed, Interior Designer, "There's nothing more personal than your home, so making it your special place in the world is my goal. Whether your home is a cozy cottage or a spacious estate, I can help you create a cohesive, inviting, and fresh look to your environment. Here's my promise: I will put my years of experience and education to work for you, to make sure your home truly reflects the style, sensitivities and comfort that you personally want to share with your family and friends. I care about my clients and my clients know this."

Do you have a room which deserves a makeover? Take the hassle out of redesigning your home and ask Susan to give you a helping hand!

Designs of the Interior
310 N. State Street, Suite 102
Lake Oswego, OR 97034
p. 503-635-3385

Contact her today, and please tell her that Ready, Set, Eat! Inc. referred you!

Recipe of the Month

Mango Orange Salsa

A real taste treat! Perfect for serving with your favorite tortilla chips, or serving with grilled chicken, fish, or pork. Sweet, tangy and slightly spicy, it's a wonderful combination for the lover of tropical fruits!

1/4 c. red onion, minced

1 large mango, ripe

2 oranges

1 jalapeno, seeded and minced

2 tsp. rice vinegar

1 dash cayenne pepper

1 lime, juiced

1 pinch salt

Peel mango. Cut fruit off of the pit and dice the mango into small cubes. Place in a medium bowl.

Cut the ends off of the oranges and slice away the peel and white pith deep enough to expose the fruit. Cut sections out between the membranes, catching and reserving juice. Dice the orange sections. Add to bowl with juice.

To the mangoes and oranges, add the onion, jalapeno peppers (seeds can be left in for more heat, as desired), vinegar, cayenne, lime juice, and salt. Mix well, then serve!

Servings: 4

Did You Know?

Did You Know How "GREEN" We Are?

....that we can easily incorporate organic and/or free-range ingredients into your personal chef service?

...that our chefs use multiple reusable, cloth grocery bags on a daily basis, saving over 200+ plastic and 120+ paper bags/month from ending up in a landfill?

...that our chefs recycle all possible paper, aluminum, tin, glass and plastic products possible?

...that the plastic and aluminum containers we use for final storage in our services are completely recyclable?

We care about our clients and the planet.

Contact us today to inquire about additional aspects of our services that make us unique, or stay tuned for September!

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