



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

Ready...Set...Eat!

The Sous News™

July 2008

In This Issue:

***Welcome**

***Quick Tips for Healthy Eating**

***Marketing Spotlight: PLAY Boutique**

***Did You Know?**

***Recipe of the Month: French (Vinaigrette) Potato Salad**

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

This month we highlight another of our new strategic partners, PLAY Boutique. This unique family-friendly environment in Lake Oswego welcomes children and their families to have fun together! What a great resource to mix up your schedule this summer with your kids, or to give yourself some "adult time". Read below for more details...

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!

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! For those new to our company, we encourage you to use the offers at the end of this update. Establish your first personal chef service and see what it's like to have an extra set of helping hands. If you were referred to us, you can earn your friend \$25 off their first service too!

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

Happy Eating, Happy 4th of July, and Happy Summer! (It's finally here!)

Shana Larsen

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

July's Top Tips for Healthy Eating

MAKE IT YOURSELF: Most of us know that the convenience foods many of us eat on a regular basis are loaded with preservatives and "enhancers". These chemical additions allow the food to last longer, without significant loss in quality. It seem hard to live a busy life without preservatives, however choosing to minimize the quantity of preservatives we eat is a great goal. The best way to do this is to make your own food, even simple meals, yourself. You will feel better eating non-processed foods, and you will save \$\$ on your food bill too! Don't have the time to devote to thinking about dinners on a regular basis? Give us a call.... all of our menus are customized, and made from scratch. With no preservatives, you can feel great about what you are eating, and have the time to enjoy the summer too!

PLAN AHEAD FOR THE WEEK: Do you find yourself running to the grocery store every night after work? Do you stand in front of the deli case, wondering what would be the fastest, easiest thing to get on the table tonight? Planning ahead for the week is a great way to avoid the time-consuming process of nightly dinner shopping, and allows you to use grocery items multiple times. Figure on three "centerpiece" meals for the week, then think of two additional meals you can make from the "leftovers".

One example of this might be:

Centerpiece Meals:

*Grilled Pork Tenderloin with
Rosemary and Garlic

*Sauteed Chicken with Pancetta and Figs

*Broiled Salmon with Seasoned
Spinach and Feta

Additional "Leftover" Meals:

*Pork Fried Rice (uses leftover grilled pork)

*Whole Wheat Penne with Chicken, Asparagus
and Pancetta

(uses leftover chicken and unused pancetta)

Planning your meals this way allows you to save time at the grocery store AND control your food intake. When you know what you're going to eat for the day, you can strategize more efficiently and balance your dietary intake.

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.

Recently Added To Our Website...

Kate Lindberg's bio!
Find out more about our newest team member by visiting www.readyseteat.net

Ready, Set, Eat! Inc.
13500 SW Pacific Hwy
PMB 429
Tigard, Oregon 97223
503-515-1439
www.readyseteat.net



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

Ready...Set...Eat!

The Sous News™

July 2008

In This Issue:

***Welcome**

***Quick Tips for Healthy Eating**

***Marketing Spotlight: PLAY Boutique**

***Did You Know?**

***Recipe of the Month: French (Vinaigrette) Potato Salad**

Recently Added To Our Website...

Kate Lindberg's bio! Find out more about our newest team member by visiting www.readyseteat.net

Ready, Set, Eat! Inc.
13500 SW Pacific Hwy
PMB 429
Tigard, Oregon 97223
503-515-1439
www.readyseteat.net

Marketing Spotlight : PLAY Boutique

WHERE PLAY MEETS PURPOSE

Providing a creative play, lifestyle & wellness services, activities, and a profound sense of community all in one chic social space.

WHY PLAY?

The PLAY Boutique is a unique, innovative space created to meet the need for balance of family time. Catering to the family as a whole, not just the child, their goal is to inspire family excellence through the development and execution of meaningful family experiences.

FOR KIDS, FOR PARENTS, FOR FAMILIES...

Purposeful play experiences offer children a positive beginning experience upon which a sound education can be built.

The PLAY Boutique environment encourages parents to do as much or as little as they wish, depending on their own unique family. Parents are invited to stay, use the Parent Lounge area and socialize with other parents; or they can take a much deserved break, leave the children with our trained educators, and cherish a little kid-free time.

Are you interested in a new activity to share with your kids, or are you searching for a community where you can leave your kids without worry? Contact PLAY today to find out more!

PLAY Boutique
332 First Street, Lake Oswego, OR 97034
503.962.0350
info@playboutique.com

Please tell them that Ready, Set, Eat! Inc. referred you!



Recipe of the Month

French-Style Potato Salad

2 lb. red, yellow or white new potatoes
1/4 c. white wine
1/4 c. olive oil
3 T. white wine vinegar
1 T. dijon mustard
1 T. tarragon, fresh, minced

Bring a large pot of water to boil, add potatoes, cook until tender, drain. While still warm, peel and cut the potatoes in 1/4-inch slices. Sprinkle with wine and toss together gently.

To make the vinaigrette, whisk together mustard and vinegar, add oil, then add tarragon. Season with salt and pepper. Dress potatoes with vinaigrette. Serve while still warm, or chill as desired.

Servings: 8

Did You Know?

...that chef/owner, Shana Larsen, has a background in biology? In addition to earning her BS in Biology, she also worked as a research technician at the Fred Hutchinson Cancer Research Center in Seattle. While seemingly different, Shana likes thinking logically and applying those scientific principles to food, nutrition and cooking.

...that Ready, Set, Eat! Inc. has been serving clients since 2003? Our 6th anniversary is right around the corner... stay tuned for more details!

...that we offer customizable cooking classes? Do you have a cuisine, technique or theme you'd like to design a class around? Imagine enjoying a great dinner and a fun evening, without having to do any of the work yourself!

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