



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

Ready...Set...Eat!

The Sous News™

October 2008

In This Issue:

***Welcome**

***Quick Tips for Healthy Eating**

***Marketing Spotlight: Kimberli Ransom Photography**

***Recipe of the Month - Butternut Squash Pasta**

***A Special Invitation for Clients Only!**

***Special Offer Coupon (see below)**

Coupon: \$25 OFF Large-Scale Services!

When you book a **Large Scale Service** (Large, or Entrée-Only Services valued at \$275 and higher) you will receive \$25 OFF the package price!

Stock up at a reduced rate!

503-515-1439 or shana@readyseteat.net

Only one coupon per household. Offer valid through 11/10/08

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

Happy October!

This month we highlight another of our strategic partners, **Kimberli Ransom Photography**. From products to professional portraits, Kimberli has an eye to get the best from whom or whatever she is working with. Are you a professional in need of a new set of headshots? Or do you own a business, and need to develop marketing material with punch? Kimberli can help!

October sometimes feels like the calm before the "storm" of the holiday season. Do you find yourself relying on the deli at your local grocery store? Do you want to get back to the table with your family? Are you starting to think about the holidays, and how you're ever going to get it all done? Let us help! We can supply you and your family with tasty, home-made, healthy meals on a regular basis, or plan a special holiday event... just for you! From parties up to 30, to intimate gatherings of 8 or less, we can help.

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! 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!

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

October's Top Tips for Healthy Eating

The Importance of Breakfast

We've all heard the saying that "Breakfast is the Most Important Meal of the Day." But why is it important? What difference does it make to skip one meal per day? There are some very grim statistics related to those people who do not eat breakfast on a daily basis.

- Those who do not eat breakfast have an increased risk of becoming obese.
- Those who do not eat breakfast are more apt to snack more on unhealthy food options during the day, and may actually consume up to 40% more calories than those who took the time for breakfast.

When we are hungry.. I mean REALLY hungry.... we are less apt to watch exactly what we are eating. All we know is that we want something, ANYTHING, right now! This practice can easily lead to consuming more calories than people who regularly consume a morning meal.

- Those who skip breakfast, thinking that they'll lose weight, many times find the opposite to be true. Not giving your body healthy calories when you wake up puts your metabolism in limbo, not giving it the "jump start" it needs. In addition, missing breakfast will likely encourage overeating at lunch.

Most folks who skip breakfast find themselves feeling sluggish throughout the day, struggling to get through with very little energy.

Kids who do not eat breakfast commonly perform worse academically. Adults that do not eat breakfast make up for the lack of energy with caffeinated beverages (coffee, energy drinks, tea), which give them a quick jolt but doesn't really help in the long run.

So, what can you do about it? What are some quick, healthy ideas for breakfast?

Healthy Carbohydrate Sources

Fruits, Whole Wheat Toast, Whole Wheat Tortillas, Whole Grain Cereals, Plain or Low Sugar Yogurt

Healthy Protein Sources

Eggs, Lean Ham, Peanut Butter, Cheese

Try out these ideas and let me know how you feel. I'd love to hear your feedback!

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.



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

Ready...Set...Eat!

The Sous News™

October 2008

In This Issue:

*Welcome

*Quick Tips for Healthy Eating

*Marketing Spotlight: Kimberli Ransom Photography

*Ready, Set, Eat! In Our Community

*Recipe of the Month - Butternut Squash Pasta

*A Special Invitation for Clients Only!

*Special Offer Coupon

Marketing Spotlight : Kimberli Ransom Photography

Kimberli Ransom Photography offers commercial, advertising, and portrait digital photography. She specializes in corporate headshots and product imagery. Most of her work is used on websites or for marketing materials. Recently her portraits of OHSU executives have appeared in the Washington Post and Nature magazine. She loves to photograph people in their environments, from wine makers to lab technicians.

Upcoming Events:

Open Studio - Saturday, November 15th

Time: 6pm-11pm

Location: Towne Storage Building (address below)

All are welcome. It will be a great chance for people to see her space, meet the staff and view her most recent creative project, entitled, Shoe Shoot. The studio is located in the Towne Storage building and 17 other artist studios will be open that same night.

Kimberli Ransom Photography
17 SE 3rd Ave, Studio #402, Portland
www.kimberliransom.net, 503-234-8111

A Special Invitation!

A special "Thank You" Party for clients of Ready, Set, Eat will take place on

Sunday, December 7, from 5:00 -7:30pm

Erin Marie Palmer of The Wine Cellar is graciously offering our clients of a complimentary 6-flight wine tasting. After the complimentary tasting, you may purchase additional glasses at only \$5 each or enjoy a bottle with your friends.

Erin will also offer **10% off all purchases that evening**, so you can get a head start on your holiday wine shopping. Pick up a bottle as a gift, or to have with your holiday celebration!

Recipe of the Month

Butternut Squash Pasta

A unique, creamy Squash-based sauce flavored with Garlic and Sage, tossed with freshly cooked Linguine. A decadent fall treat!

- 1 medium butternut squash, about 1.5 lbs.
- 1 T. olive oil
- 1 t. sage, fresh
- 5 garlic cloves, peel left on
- 1 c. half and half
- 12 oz. linguine
- 1 c. smoked gouda, grated
- 2 T. flat leaf parsley, chopped
- 1 t. sage, fresh, chopped

Preheat oven to 375 degrees. Peel, seed and dice squash into 2-inch chunks; transfer to a rimmed baking sheet. Toss with oil and sage; season generously with salt and pepper. Scatter garlic around squash. Roast until squash is very tender, about 40 minutes, tossing once halfway through. If squash begins to brown too quickly, cover with foil, and reduce heat to 350F. Remove and discard skin from garlic.

Transfer squash and garlic to a food processor; puree. With motor running, add half and half through the feed tube, and process until smooth. Add 1 to 2 cups of water, continuing to process until smooth, adding water to thin, if necessary. Transfer to a saucepan and keep warm on the stove.

While squash is roasting, bring a large pot of water to boil. Add salt (as desired) and drop in linguine. Cook according to package directions to al dente. Drain. Toss pasta with sauce, and plate. Garnish with parsley and sage, and serve with smoked gouda.

Servings: 8

Ready, Set, Eat! will be providing light appetizers. Space is limited to 40. Please email Shana today at shana@readyseteat.net to reserve your space at this special event!

The Wine Cellar is located at:
13486-A NW Cornell Road,
Portland, OR 97229.

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