



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

Ready...Set...Eat!

The Sous News™

September 2008

In This Issue:

****Welcome***

****Quick Tips for Healthy Eating***

****Marketing Spotlight: The Dragontree Day Spa***

****Did You Know?***

****Recipe of the Month: Baked Apples with Dried Cherries and Maple Syrup***

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

This month we highlight another of our strategic partners, **The Dragontree Holistic Day Spa**. Owner, Briana Borten, founded her spa to promote health, healing and tranquility. It is incredibly relaxing to have a footbath, head-neck-and-shoulder massage or any other treatment at The Dragontree, as every staff member aims to make your experience the most relaxing ever. Find out more in our spotlight below.

Now that September is here, do you find yourself back in your old habits, making due with whatever you can think of for dinner? Are the kids' camps and practices squeezing out any remaining spare time you have left? Let us help! We can supply you and your family with tasty, home-made, healthy meals on a regular basis!

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.

September's Top Tips for Healthy Eating

Slowing Down....

It's very easy for all of us to get wrapped up in the hustle and bustle of the fall season. Those with kids are back in the school schedule... full of hectic mornings, afternoons and evenings. (Do they ever stop?!) Those of us without kids find that our calendars are full once again, now that the fun and relaxation of the summer is now past. How can we continue the peaceful relaxation of the summer season into fall?

I think that the answer is "Slowing Down"....Try some of these ideas this season and see how they affect your eating habits.

- Make a goal to eat less fast food and at home more. This will allow you to focus on what you are eating more, and the quality of the items put into that meal.
- Put down your fork or spoon in between bites, and really savor what you have in your mouth. Pausing between bites encourages you to feel fuller, faster, preventing overeating.
- Eat with a friend, whether it be your spouse, children, or a co-worker. Connecting with others not only slows you down, but fills you up emotionally as well.

- Talk (in between bites) with that person about your day, which will shift your focus off of what you are consuming and on to connecting with your "friend".
- Drink lots of water, at least 64 ounces (8, 8oz. glasses) a day. We always hear this being stated, but drinking more water really does reduce hunger pangs. Instead of having caffeinated beverages during your afternoon slump, drink a large glass of water instead. Your mood will improve, reducing headaches and stiff joints. How do you keep track? Purchase a Nalgene bottle, as it holds 24 ounces (4 cups) of water. You only need to drink two of these a day... even drinking one will likely improve your mood!

Try these ideas and let me know how they work for you... or if you have any additional ideas that have worked 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
503-515-1439
www.readyseteat.net

In This Issue:

***Welcome**

***Quick Tips for Healthy Eating**

***Marketing Spotlight: The Dragontree Day Spa**

***Did You Know?**

***Recipe of the Month: Baked Apples with Dried Cherries and Maple Syrup**

**Marketing Spotlight :
The Dragontree Day Spa**

Portland, Oregon's finest day spa invites you to experience their sanctuary of peace. Having been in their current location for over five years, they are able to offer a variety of services to still the mind and mend the body.



The Dragontree is the perfect place to receive massage, facials, waxing, Ayurvedic counseling, Acupuncture and herbal consultations or to gather with friends and family and receive foot treatments, head, neck, & shoulder massages, and hand treatments while enjoying each others' company. All of their treatments are tailored to your needs with the intention of creating the space for true healing to occur.

Want to experience the ultimate healing? Try their monthly special package. Complete spa decadence!

The Dragontree September Special

Recharge with a green tea and lavender foot bath, followed by an exfoliating green tea and vanilla salt scrub for your feet. Meanwhile, your hands will be enveloped in soothing warm paraffin. As your body relinquishes its tension, sip on a fresh blackberry and peach smoothie. Let the bliss continue with a rejuvenating sixty minute deep tissue massage. Finally, bring the glow back to that pretty face of yours with an hour-long antioxidant facial. \$210

**The Dragontree, a holistic day spa
503-221-4123, info@thedragontree.com
2768 NW Thurman Street, Portland,
97210**

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

Did You Know?

...that Ready, Set, Eat! can also serve as a caterer? Small, in-home dinner parties or events for 30 people or less are perfect for us. Think of us while planning your upcoming holiday events!

...that we have a nearly infinite selection of menu items to choose from? There are no set menus for our service... we base our selections on what YOU enjoy!

...that we can prepare any suggested recipe that you may have, or make-over a true family favorite? Since we only cook for you, we can tailor your menu to anything you wish!

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

Recipe of the Month

Baked Apples with Dried Cherries and Maple Syrup

A Beautiful Fall Dessert! Gala Apples baked with Cherries, Walnuts and Maple Syrup.

Servings: 4

4 apples, Gala or Rome Beauty

1/3 c. dried cherries or golden raisins

1/3 c. walnut pieces

1/3 c. maple syrup, pure

2 T butter, unsalted

3 T sour cream, lowfat

3 T crushed ginger snaps (optional)

Preheat oven to 350 F. Core apples with a melon baller, making a 3/4-inch-wide cavity inside the apple, stopping 1/2 inch from the bottom. Peel top inch of apples; fill with cherries and walnuts. Arrange in an 8-inch square baking dish.

Drizzle maple syrup over apples; top each with 1/2 tablespoon butter. Bake, brushing occasionally with accumulated juices, until apples are tender, 45 to 60 minutes.

Transfer apples to a plate. Pour liquid from dish into a bowl; whisk in sour cream. Drizzle sauce over apples then top with crushed ginger snaps as desired. Serve immediately. Enjoy!