



January 2009 Newsletter

Get A Healthy Start On The New Year

Dear Linda,

May your New Year be full of laughter, joy, and moments that create warm memories for a lifetime! May 2009 be your BEST year yet! May you have a HEALTHY and HAPPY New Year.

Something New!

We have some exciting news. See our new **online store**. Shop for the perfect gift for any occasion and browse the top branded kitchen products and find great deals.

Web Store Link: <http://www.theartofcuisine.com/apps/webstore/>

100% Satisfaction Guaranteed

Our No Hassle Return policy gives you peace of mind to enjoy the purchase in your home for up to 30 days. We never charge a re-stocking fee.

Getting in Shape for 2009



Why not Start the New Year with a new You? Make 2009 the year you look and feel your best ever.

Isagenix has helped hundreds of thousands of people to accomplish their health and weight-loss goals. You can be next. Start looking to the future today and have that lean, healthy look tomorrow.

Here's how it works:

Cleanse once a week throughout the month of January. Isagenix recommends the Cleansing and Fat Burning System: 30-day supply. Take 1-2 oz of Cleanse for Life every day along with Ionix Supreme Natural Accelerator and IsaFlush. Be sure to include Isagenix Antioxidants and Essentials to help make January your best cleanse month ever! [Click here for 30-day Cleansing and Fat Burning System](#)

For a limited time only. Try IsaLean Soups: The delicious hot meal alternative with the low-calorie, maximum nutrition of IsaLean Shakes.

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Featured Article

Please give me your feedback on my Newsletter & Website. Please let me know what you would like to see more of and if I am answering all of your questions.

Email me at:
artofcuisine1@yahoo.com



[Join Our Mailing List](#)

Save \$5 on two Canisters or packets. [Click here for A Low-Calorie and Delicious Hot Meal Alternative!](#)

Healthy Tips & Recipes

Health Tip:

Your diet should include all aspects of the food groups including carbohydrates. In fact, your diet needs to be about 50-55% carbs when you keep your body moving. Carbs are a great source of energy. Those diets that prohibit carbohydrates are actually harming you and only make you crave them that much more. Your diet should not cause you to be deficient in anything.

Low-Cal Entrees:



Holiday Hearth Soup

2 scoops or 1 packet IsaLean® Soup in Savory Tomato
1 cup water to prepare soup
3/4 cup cooked brown rice
2 tablespoon sun-dried tomatoes
1/2 cup grated sweet potato
Italian parsley for garnish

Directions:

Cook brown rice with sundried tomatoes.
Add grated sweet potato to mixture about 10 minutes before rice is finished cooking. Prepare IsaLean® Soup as directed.
Add rice mixture to soup. Garnish with parsley for a holiday look!

Yields: One Serving



Low-Cal Entree Recipe:

Beef and Spinach Stir Fry

4 oz steak of choice
1/4 cup boiling water
1 tablespoon beef bouillon granules

1 tablespoon low sodium soy sauce
1/2 teaspoon sugar
1/2 teaspoon grated fresh ginger root
Pinch crushed red pepper
1 medium carrot shredded
1 green onion in 1 inch pieces
1/4 pounds fresh spinach leaves, chopped

Directions:

Trim excess fat from steak. Slice across grain and set aside
Combine water and bouillon, and stir well. Add soy sauce, sugar, ginger root, and red pepper. Stir well and set aside
Coat skillet with cooking spray, heat to medium heat for 2 minutes
Add carrots and green onions, stir for 2 minutes
Remove from pan and set aside
Add steak to pan; stir fry 4 minutes. Add soy sauce mix
Bring to boil Cover, reduce heat and simmer 4 minutes
Add vegetables and spinach to pan
Stir-fry 1 minute or until spinach wilts
Serve over 1/4 cup of hot cooked rice without salt

Yields: 1 serving
Calories: 250

See my website for more recipes www.TheArtofCuisine.com

Thank You

Thank your for your business and for your input on my newsletters.
Please let me know if you have any more suggestions and if you would like to see more of something or less of something.

Sincerely,
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**Save
10%**

Chef Services: First time customer receive a 10% off of the Art of Cuisine chef services on the Basic Monthly Menu.

Isagenix new customers will receive a 10% off the 30-Day Fat Burning System. This offer includes Weekly Coaching, Healthy Recipes, and a 30-day Supply of Nutritional Cleanse.

Offer Expires: 2/28/09