



SUSAN'S
HEALTHY GOURMET

FOR IMMEDIATE RELEASE:

Media Contact:

Inez Be / HKA, Inc.

714-426-0444, inez@hkamarcom.com

Susan's Healthy Gourmet Announces New Menu for 2010

New Healthy Meal Options Include Nutritious Kids' Meals and Comfort Food Favorites

IRVINE, Calif., January 6, 2010—[Susan's Healthy Gourmet \(SHG\)](#), which pioneered the concept of delicious and nutritious [calorie-controlled meals](#) delivered to Southern California homes twice weekly, has released its 2010 menu, now available to customers in time to make 2010 [New Year's resolutions](#) easy and tasty. The new menu includes SHG classics, new “dinners-for-two” featuring comfort food favorites, meal options for [kids](#) and special meal plans for [seniors](#) and [diabetics](#).

“We are always excited to create new menu items for our customers looking for an easy, delicious and affordable way to keep New Year's resolutions and eat healthier,” said Susan Johnson, founder and CEO of the 15-year-old Susan's Healthy Gourmet. “As we continue to expand our offerings ranging from healthy kids' meals to diabetic-friendly dishes, our goal is to accommodate everyone's dietary requirements and taste preferences with interesting, nutritious and tasty gourmet food.”

Susan's Healthy Gourmet, known for its ability to make eating health both convenient and delicious, offers a wide selection of fresh, nutritionally-balanced and gourmet meals to cater to busy working individuals, seniors, families and young kids, and even diabetics. New recipes include a breakfast pineapple zucchini bread, Chilean garlic shrimp with zesty tomatillo sauce, salmon or chicken with citrus lime sauce served with lemon asparagus risotto and rosemary butternut squash, and a Singapore beef wrap with basil and mint.

The new “Dinners for Two” option is just enough food for couples, and features healthy updates of [comfort food](#) classics, such as chili cheese meatloaf, BBQ chicken and “Cowboy Casserole.” SHG also has an [anti-aging](#)/purification menu rich in antioxidants, which is available by request. Additional new a la carte items include [29-calorie Sainly Sins](#) chocolates by [Xan Confections](#), a whole roasted chicken, a “surf ‘n’ turf” dinner, and a kit including yogurt and fruit ingredients to “blend-your-own smoothie.”

“Our convenient, twice-weekly delivery provides stress relief from the daily pressures of everyday living in Southern California,” added Johnson. “We do all the cooking and shopping for our customers, who compare us to the luxury of having a personal chef.”

Susan’s Healthy Gourmet meal programs meet or exceed the daily nutritional requirements of the American Heart Association, American Cancer Society and American Diabetic Association. Meals are individually packaged and ready for pick-up or delivery throughout Southern California, including Los Angeles, Orange, Riverside, San Bernardino and San Diego Counties.

About Susan’s Healthy Gourmet

Irvine, Calif.-based Susan’s Healthy Gourmet prepares and packages fresh, nutritionally balanced and calorie-regulated meals for pickup or delivery throughout Southern California. Founded in 1995, Susan’s Healthy Gourmet meets the demands of its customers’ busy lifestyles, taste preferences and dietary needs by offering portion-controlled customizable individual meals. The company also offers a Diabetic menu for those needing to monitor their carbohydrate and sugar intake; the Good Sense Menu for seniors ages 65 and over; Kid’s Backpack Lunches and Busy Bee Dinners; and the Purification and Anti-Aging plan for a healthy and convenient way to jumpstart into long-term healthy living and naturally cleanse the body. For more information, call 888-EZ-MEALS or visit www.susanshealthygourmet.com.