



SUSAN'S
HEALTHY GOURMET

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Susan's Healthy Gourmet Unveils 2012 Menu with New Menu Options and More Flexibility

IRVINE, Calif., Jan. 31, 2012 - Seasoned sirloin with French onion sauce and goat cheese mashed potatoes or vegetarian black bean and sweet potato burrito may sound like they are menu items from the trendy restaurant down the street. But the truth is, they are among the new options on the 2012 menu from Susan's Healthy Gourmet, a meal program that delivers fresh, healthy meals to homes and offices in Southern California.

Now in its 17th year in Southern California, the company continues to deliver fresh and nutritious portion-controlled cuisine throughout Orange, Los Angeles, San Diego, San Bernardino and Riverside Counties for customers seeking everything from weight loss to diabetes management. The company offers the widest variety of choices for breakfasts, lunches, dinners and snacks, with more than 150 different selections to choose from —and flexible menu-ordering options.

Besides the new menu offerings, Susan's Healthy Gourmet has created additional ordering options for 2012, including a new weekly "mix and match" combination that allows customers to build their own lunches from select menu items.

Susan's Healthy Gourmet offers various menus to fit many needs and aims to provide even more purchasing power to its customers. The diabetic packages and lower-priced Good \$ense menu (with approximate 15 percent lower cost) also now offer a dinner-only option for those who desire prepared meals only once a day.

"We have always been known for allowing our customers to choose what *they* want, not what we want to give them. We are known for flexibility and variety. And this year, we have taken that one step further—with even more options for how, when and what they wish to enjoy from our menus," said Susan Johnson, founder and CEO of Susan's Healthy Gourmet.

This year's menu includes increased information regarding nutritional values, with at-a-glance symbols to indicate meals that are vegetarian, carbohydrate-controlled, lower cholesterol (less than 100 mg), lower sodium (less than 50 mg) and lower fat (15 g). According to Johnson, customers today are seeking more and more knowledge about the food they eat and the new menu provides easy-to-access information to guide their decisions.

Additional new menu options this year come from both traditional favorites and more exotic flavorings, including: chicken mango walnut salad with mango yogurt dressing; creamy chicken mushroom penne, sugar snap peas and butternut squash; pistachio chai muffin and peach yogurt parfait; turkey bacon cheddar omelet; basil chicken ciabatta sandwich; salmon with sundried

tomato pesto, garden risotto and sautéed spinach; and boysenberry and cream cheese-stuffed French toast with chicken apple sausage.

Susan's Healthy Gourmet offers two portion sizes—400 or 550 calories per meal (1200 -1650 calories per day), which work well with point systems. Also available to customers are 100 to 200-calorie snack options, such as spicy cheese straws, fruit and yogurt parfait, hummus and pita chips, pita wedges with vegetables and Pacific trail mix.

Susan's Healthy Gourmet meals are made with only the highest quality ingredients. Meals are low in sodium, fat and cholesterol; high in fresh fruits and/or vegetables (each meal); contain no trans fats; use hormone-free poultry; use products from local vendors whenever possible; and have no added chemicals, preservatives, artificial colors or flavors. Susan's Healthy Gourmet's meal plans accommodate busy working individuals, seniors, families, young children and diabetics. The company also launched the Good \$ense menu for those with tighter budgets who value a convenient meal plan to sustain weight management.

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 delivery or pickup throughout Southern California.

For more information on Susan's Healthy Gourmet or to order, please visit www.susanshealthygourmet.com or call 888-EZ-MEALS. Connect with Susan's Healthy Gourmet on [Facebook](#) or [Twitter](#).

About Susan's Healthy Gourmet

Susan's Healthy Gourmet, based in Irvine, Calif., prepares and packages fresh, nutritionally balanced and portion-controlled breakfasts, lunches, dinners and snacks for delivery, or from pickup locations, throughout Southern California. Susan's Healthy Gourmet is a pioneer in meeting customers' busy lifestyles, taste preferences and dietary needs by offering multiple calorie-level options and more than 150 unique meals, with specialty items available by ordering the Diabetic Menu for those monitoring sugar and carbohydrates; Carb Considerate Meals for high-protein, low-carbohydrate options; vegetarian meals; "kid-friendly options" and the Good \$ense Menu with greater affordability. The company takes pride in using the freshest ingredients and buying products from local vendors. For more information, call 888-EZ-MEALS or visit www.susanshealthygourmet.com.

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