

Subject: News from ND Labs

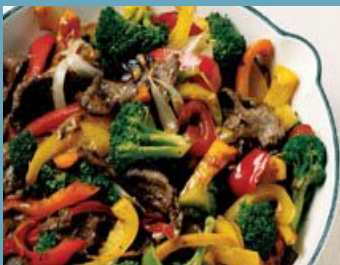
[Nutritional Designs](#)

Our Mission Since 1986: Helping People Become Healthier



Issue: 100

August/2008



Featured Article

[Eating Meatless](#)

[Savings Coupon](#)

Popular Links

- [Soy-Licious Entrees](#)
- [Meal of the Month](#)
- [Tasty Recipes](#)
- [Health Blog](#)

Join BB's Health Watch



[CHECK OUT](#)



THIS MONTHS HOT SPECIAL!



Testimonials: Read what these people have to say about Beef Un-Steak Slice.

1. [Barbara Gray-Creadhe](#)
2. [Anne T.](#)
3. [Susan R.](#)

Buy 1 Get
1
50% OFF

Start Cooking today with this **EXCLUSIVE** e-mail offer! [Buy 1 bag of Beef Flavored Un-steak Slices](#) and get the [second bag for 50% off!](#)

Limit one per customer. Offer

Greetings from BB's Health Watch,

Bored with eating the same thing over and over again? Want to add great tasting healthy choices to your diet?

This months issue discusses a heart healthy, delicious, vegetarian alternative that is simple to make and easy to serve.

Eating Meatless Is Easier Than You Think When Using Meat Analogs

What is a meat analog? A meat analog is a food product that is designed to look and taste like meat. Vegetarians and other health-conscious individuals use meat analogs in their diets because they are high in protein.

Meat analogs have the versatility of meat; they can be broiled, baked, or roasted without dealing with "real meat's" fat, bones, and oily mess. This means that meat analogs can be used in almost any recipe.

Nutritional Designs has many meat analogs to choose from. They come in various shapes and sizes so that you can create vegetarian alternatives of your favorite recipes. Some of the choices are Beef Flavored Un-Steak Slices, Chicken Flavored Slices and Vegetable Crumbles. These 3 unique items combine wheat, soy and corn proteins (they are not gluten free) to make a more authentic looking, tasting and textured meat like dish.

Preparing meat analogs is easy. Simmer 8 oz of dried meat analog in 8 oz of water. The longer you simmer the more the piece will expand and soften. This type of meat analog usually doubles in size. If not tender enough (depending on the recipe), simply add some more water and continue to simmer an extra 5-10 minutes. The whole process should take no longer than 20 -25 minutes.

Now you are ready to add them to your recipes. Treat the [Un-Steak Slices](#), [Flavored Chicken Slices](#), and [Vegetable Crumbles](#) like they are real meat. Once cooked, the meat analogs need to be stored like real meat or chicken. They will stay fresh in the refrigerator for 3-5 days or in the freezer for longer.

Did you know that September is national cholesterol education month? All of Nutritional Designs meat analogs are cholesterol free!

[See what the Professional Testers have to say about this Product. Try your hand at it make, "Stir-Fried Orange Beef" as suggested by Go Dairy Free.org](#)

Additional recipes can be found on [Nutritional Designs Direct](#).

Stir-Fried Orange Beef

expires october 1, 2008.
coupon Code: PSKU73-I-100

Serves 4-6 people

- 1 Tsp. Cornstarch
- 1 cup orange juice
- 8 to 10 oz dry [Beef Flavored Un-Steak Slices](#)
- 1 to 2 Tsp. of oil
- 1/4 to 1/2 Tsp. crushed red pepper flakes
- 1 clove minced garlic
- 1 Tsp. grated fresh gingerroot
- 1/4 cup green onion, thinly sliced
- 1/4 cup bell pepper, thinly sliced

Cooking Directions:

In small bowl: combine cornstarch and orange juice and set aside. Simmer Un-steak Slices in 16-20 oz of water, until the all of the water is absorbed, approximately 15-20 minutes.

In a wok, add Un-Steak Slices, oil, and red pepper flakes. Stir-fry over high heat for 2-3 minutes then remove Un-Steak slices with a slotted spoon and set aside. Now, put the garlic, gingerroot, onion, and bell pepper into the remaining oil in the wok. Stir-fry for 2-3 minutes. Then, add cornstarch/orange juice mixture. Simmer wok until thickened. Now add Un-steak Slices and toss with sauce.

Serving Suggestions: served over white rice or noodles.

For more information on Beef Flavored Un-Steak Slices just follow this link to ndlabs.com.

[Back To Top](#)

That brings us to a close of this months issue, remember to keep healthy, eat healthy, and Exercise!

Inspirational Quote of the Month:

When you paint success pictures in your mind, you initiate an inner process whereby your attitudes, hopes, aspirations, and enthusiasm are elevated in response to an image of a more promising future. Every person who aspires must first sell themselves hope, the promise of a better life.

By U.S. Andersen, Author and Speaker

Activity of Month:

Image yourself eating healthier, making wiser food choices and thus being healthier.

Yours Truly,
[Beth Beller](#) RD. CN. CDE.
[Nutritional Designs](#)

For more from Beth visit her [Nutrition Blog](#).

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to matthewb@ndlabs.com by matthewb@ndlabs.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

ND Labs | 202 Merrick Road | Lynbrook | NY | 11563

Email Marketing by

