

# FREEZE & CHILL

## Functional Beverages



- Stok Cold Brew Coffee, Pumpkin Creamed
- Flavored coffee option with natural ingredients
  - 150 Calories, 5g Protein, 10% DV Potassium, 15% DV Calcium, Zero Guiding Stars

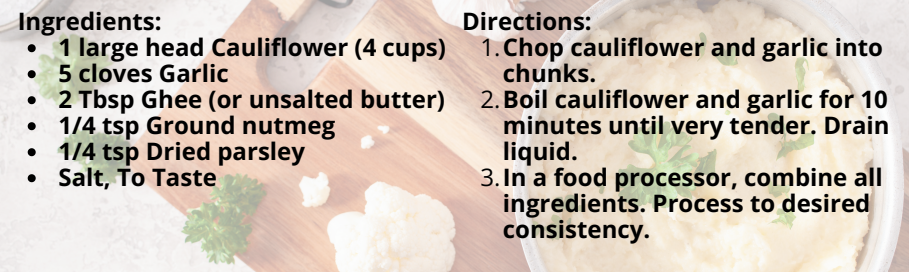


- GT's Synergy Raw Kombucha ★★☆☆
- Fermented tea using bacteria and yeast cultures or "probiotics" which support digestion, gut health, and immunity
  - 50-60 Calories, 5% Juice

## Top Cheeses & Recommended Pairings

- Mozzarella: Arugula, Tomatoes, Basil, Figs, Sauvignon Blanc, Pinot grigio
- Parmesan: Mashed Potatoes, Pears, Honey, Dark Chocolate, White Wine
- Feta: Bell pepper, Chickpeas, Grapes, Lemon, Sauvignon Blanc, Dry Reisling, Rose
- Sharp Cheddar: Figs, Dates, Pinot Noir, Beaujolais, Honey, Nuts
- Provolone: Cured meat, Pears, Olives, Roasted vegetables, Chardonnay, Merlot, Malbec

## RECIPE Cauliflower Mash



**Ingredients:**

- 1 large head Cauliflower (4 cups)
- 5 cloves Garlic
- 2 Tbsp Ghee (or unsalted butter)
- 1/4 tsp Ground nutmeg
- 1/4 tsp Dried parsley
- Salt, To Taste

**Directions:**

1. Chop cauliflower and garlic into chunks.
2. Boil cauliflower and garlic for 10 minutes until very tender. Drain liquid.
3. In a food processor, combine all ingredients. Process to desired consistency.

## STORE EVENTS & PROMOS

**Maolek Choices--Living Well With Diabetes**

- Maolek Rewards: Rewards and double points on health monitoring devices
- November 23 (10am-1pm): EduKitchen Workshops

**Winner, Winner Turkey Dinner (October 31-November 7):** With every \$200 purchase, MR members receive a free turkey

**Rigalu Maolek 5k Giveaway (November 1-December 31):** With every \$75 purchase, MR members are entered to win 1 of 10 \$500 Pay-Less gift certificates

**Veteran's Day (November 11):** Veterans receive \$5 off of every \$50 one day only

**Wine & Cheese Sale (November 23)**

**Black Friday (November 29):** MR members receive double points



## CHAMPIONS COURSE



# PRODUCE

## Cruciferous Vegetables



Broccoli   Brussels Sprouts   Cabbage   Cauliflower   Kale   Bok Choy

- Contain sulfur compounds which give off pungent smell and spicy/bitter taste
- Offer carotenoids for healthy eyes, folate to help protect DNA, vitamin K for healthy bones, and vitamin C for our immune system and skin, bones and teeth
- Best paired with oil and acidic ingredients, such as lemon/lime juice, balsamic/rice wine vinegar, orange juice, and ginger
- Avoid overcooking
- Massage leafy greens and let marinate for at least 15 minutes
- Diabetes Month Tip: Instead of rice or mashed potatoes, swap in riced cauliflower or cauliflower mash to reduced carbohydrate content

## Fall Fruits with Pairings (September - November)



Cranberries

- Cheeses: Brie, Sharp Cheddar, Goat
- Wine: Dry Cider, Dry white, Sparkling champagne (>12% ABV)



Persimmons

- Cheese: Brie, Goat, Roquefort
- Wine: Sweet wine (<10% ABV)



Pears

- Cheeses: Brie, Blue Cheese, Aged Gouda
- Wine: Sauvignon Blanc, Pinot Noir



Pomegranates

- Cheese: Blue, Feta, Goat
- Wine: White wine, Pinot Noir

# MEAT & SEAFOOD

## Lean Cuts for Roasting



Turkey ~ With every \$200 purchase, receive a free turkey ~

- Thaw in refrigerator for 24 hrs per 4-5 lb, or in cold water for 30 min per 1 lb. Cook at 325F for 1 hr per 3 lb to internal temperature 165F. Let rest for 10-15 minutes
- Wine: Champagne, Chardonnay, Dry Reisling, Pinot Noir, Zinfandel



Pork

- Tenderloin: Remove "silver skin" membrane. Best with marinades or rubs. Cook for 20 min to internal temperature 145F. Let rest 3-5 min. ★★
- Loin Roast: Cook at 350F to internal temperature 145F. Let rest 5-10 min. ★
- Wine: Pinot Noir



Beef Bottom★ or Top Round Roast★★

- Place in pan fat side up. Do not cover or add water. Cook at 325F for 75-105 min to internal temperature 135F. Let rest for 10-15 min
- Wine: Medium Red

# NOTES

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