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# EAT-RITE NEWS

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Holiday 2015

## THE TURKEYS ARE HERE!!



Mary's Free Range turkeys are an excellent quality turkey. They are free of antibiotics, steroids, and other harmful chemicals like arsenic, which are found in conventional grocery store turkeys. These turkeys sell fast and the number is limited. If you are interested in a good turkey for **Thanksgiving** and **Christmas** you will want to give us a call and get your turkey reserved. Keep in mind that Eat-Rite will also have available to you various baked goodies, breads, dressing and all the fixings for your holiday dinners. Take the stress out of the holidays and let us prepare your meal for you. This year we will also have available for the first time a **Gluten-Free** option on our famous dinners. Everything from pies to stuffing will be available. Give us a call at 353-7476.

**Tune in to 88.3 FM Thursday at  
5:00 for the Eat-Rite Wellness Hour**  
Sign up for E-mail at [www.eat-rite.com](http://www.eat-rite.com)

10% OFF  
Organic Produce  
November and December  
Offer expires 12/31/2015  
Must present coupon

**E**at-Rite has all of your holiday cooking needs. Free-Range Turkeys are now available for a limited time and quantity at Eat-Rite. These turkeys are raised without hormones, antibiotics, animal by-products, preservatives or additives. Every bird grows naturally with plenty of open space where it can grow healthfully in a caring environment. These turkeys are limited so get your order in today. Eat-Rite carries a large variety of herbs and spices. Most of our spices are organically raised, and all of them are non-irradiated. Many of our spices are in bulk, making them much cheaper than bottled grocery store spices. All of our nuts are raw and unsalted, and we have a large selection of wheat and gluten free foods and mixes. Take some time and browse our grocery aisles to see the large variety of healthy good tasting food. For those of you who do not cook or bake, we will prepare your baked goodies or holiday meal for you. Pick up a special **holiday menu** at any of the registers. Be sure and get your orders in early. We can prepare the whole dinner, or just the pecan pie. Our baked breads and cakes are wonderful presents for your kids teachers, the mail man, or for your favorite aunt and uncle.



## HAPPY HOLIDAY

**C**hristmas is just around the corner. Eat-Rite has some great gift ideas for your loved ones. What better gift to give than a gift of health. Eat-Rite has a large selection of juicers, body tools, books, yoga products, yogurt makers, tea pots, coffee presses, and many other items for your holiday gift giving. **The Omega juicer** is the best juicer on the market. This style of juicer is the most efficient and easiest to clean. The vertical basket spins the juice out of the pulp

continuously, leaving a very dry pulp. This unit will extract 20-30% more juice than most other style juicers according to independent laboratory tests. The functional parts for juicing are all comprised of surgical stainless steel. All of the other parts are comprised of a heavy-duty polycarbonate. The high quality materials and workmanship will help these juicers last a lifetime. The Omega Juicer carries a 10 to 15 year guarantee, and is made in the United States. In purchasing an Omega Juicer, you are buying the world's finest juice extractor and the only juicer you will ever need to own!

## Let Eat-Rite Prepare Your Holiday Meal

The holiday season is stressful enough without having to worry about what you are going to eat on Thanksgiving or Christmas. Eat-Rite has three dinner options available. We will also have **gluten-free** options available for those on a wheat-free diet. A La Carte options are also available.

### Holiday Gourmet Dinner for Six-Eight

#### Appetizer

Creamy Carrot Soup

#### Salad

Organic Mixed Greens with Balsamic Dressing

#### Main Meal

Maple Glazed Organic Turkey (Ready to Cook)  
(12 to 14 lb. raw weight)

Our Favorite Gravy with or without Giblets

Old Fashioned Cornbread Stuffing

Fresh Cranberry Relish

Baked Organic Yams

#### Dessert

Our Favorite Pumpkin Pie

*Note: Whole-Wheat Dinner Rolls Available*



### Holiday Whole Turkey Dinner for Six-Eight

Roast Turkey Organic  
(12 to 14 lb raw weight, ready to cook)

2 quarts Cornbread Stuffing

1 quart Giblet Gravy

1 pint Fresh Cranberry Sauce

1 whole Pumpkin Pie

### Holiday Turkey Breast Dinner

Roast Turkey Breast  
(7 lb net weight)

2 quarts Cornbread Stuffing

1 quart Giblet Gravy

1 pint Fresh Cranberry Sauce

1 whole Pumpkin Pie

#### **Natural Fruit Pies**

*(No White Sugar or Hydrogenated Fat)*

*Blueberry, Apple,  
Pumpkin, Pecan*

## Holiday De-stressors

It is easy to become overwhelmed during the holiday Season. Here are a few tips to help you out!!

1. Remember to take your Mega-B-Stress
2. Get some Exercise
3. For periods of anxiety or extra stress PharmaGABA
4. Adrenasense with your Mega-B-Stress for coping
5. Avoid excess sugar
6. Get Plenty of rest.