



Spring 2025

MagicKitchen.com's Seasonal Newsletter for the best in Delicious Healthy Meals, Delivered

MARSETS

President's Table

Spring is here, and it's the perfect time to refresh your approach to healthy eating and meal planning. At MagicKitchen.com, we are excited to continue offering you a wide variety of medically-tailored meals designed to meet specific dietary needs and make life easier.

Meeting Your Dietary Needs

No matter your goals, we've got you covered with diet-specific meal plans tailored for:

- General Wellness – Packed with nutritious ingredients to help you feel your best.
- Low-Sodium Meals – Delicious options perfect for heart health and reducing sodium intake.
- Diabetic-Friendly – Flavorful choices specifically designed to support blood sugar balance.
- CKD and Renal Diets – Meals carefully crafted for kidney health, including [renal-friendly recipes and tips](#).
- Portion-Controlled – Manage portions with ease while enjoying satisfying meals.

Find more about our [medically-tailored meal options here!](#)

Healthy Eating Made Easy

Maintaining a balanced diet doesn't have to be complicated. With [pre-prepared frozen meals](#), our chefs take the guesswork out of meal planning, freeing up your time while ensuring you stay on track with your health goals. Plus, they're ideal for anyone managing busy schedules, seniors, or those recovering postpartum.

From our kitchen to yours,
Sincerely,

Michelle Tayler
President

Greg Miller
CEO

www.magickitchen.com



"The first day of spring was once the time to replenish supplies, as well as to plant seeds.

It is the time of optimism"

-KATHARINE HEPBURN

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Spring into Wellness!

Fresh Flavors, Balanced Choices

Eating healthy shouldn't mean sacrificing taste. Our latest meal options prove that by blending bold flavors with the benefits of balanced nutrition. Whether you're exploring low-carb dishes, heart-healthy meals, or gluten-free options, we've got you covered.

Check out these helpful resources to inspire your health journey:

- [6 Healthy Eating Habits to Follow for Life](#): Simple, sustainable tips to make nutritious choices every day.
- [Healthy Eating Habits for Seniors](#): Tailored advice for seniors to support optimal well-being.





Give the Gift of Food

We all have those moments when we want to support someone we love with a home-cooked meal, but time or distance makes it tricky. That's why MagicKitchen.com is here. Whether it's helping an aging parent, supporting a friend recovering, or offering comfort during a job loss, we deliver nutritious and tasty meals directly to their doorstep. It's an easy way to show you're thinking of them.



5 days ago

I purchased meals for my Mother ...

I purchased meals for my Mother that lives out of state. We thought we would try.. They arrived frozen like they should have and on the specified date. She tried two so far and said they were easy to heat and tasted delicious.. I will be ordering again!

by [Karen V](#)

Customized to Their Taste



Crowd-Pleasers: Surprise them with our best-selling Chicken Ana Luisa!

Comfort Food Fix: Go for a bundle filled with classics like Shrimp Fettuccine Alfredo or BBQ Sliced Beef Brisket.

Give Them Choice: Get them a gift certificate and let them choose their favorites.

Celebrations & Thoughtful Gift Certificates!

From Mother's Day to weddings and everything in between. Mark your calendar for these milestones and explore our ready-made gift options. Our decadent desserts and easy dinner meals make memorable, thoughtful treats for loved ones. You could also buy a gift certificate and let them choose for themselves what they like!



Show Your Care - Give the Gift of MagicKitchen.com!

Cranberry Orange Glazed Chicken Thighs with Roasted Vegetables:

Ingredients:

8 bone-in, skin-on chicken thighs
4 svgs Magickitchen.com Cranberry Orange Sauce
1 tablespoon Dijon mustard
1 tablespoon apple cider vinegar
1 tablespoon soy sauce (or tamari for gluten-free)
1 teaspoon dried thyme
1 teaspoon dried rosemary
1 pound mixed root vegetables (carrots, sweet potatoes, parsnips, etc.), cut into 1-inch pieces
2 tablespoons olive oil
Salt and pepper to taste

Instructions:

Prepare the Marinade/Glaze:

In a medium bowl, whisk together the cranberry orange sauce, Dijon mustard, apple cider vinegar, soy sauce, thyme, rosemary, salt, and pepper.

Marinate the Chicken:

Place the chicken thighs in a large bowl or zip-top bag.

Pour half of the cranberry orange sauce mixture over the chicken, reserving the other half for later. Marinate the chicken for at least 30 minutes, or up to 2 hours in the refrigerator.

Prepare the Vegetables:

Preheat oven to 400°F (200°C).

In a large bowl, toss the root vegetables with olive oil, salt, and pepper.

Roast the Vegetables:

Spread the vegetables in a single layer on a baking sheet.

Roast for 20 minutes, or until the vegetables are tender-crisp.

Cook the Chicken:

While the vegetables are roasting, remove the chicken from the marinade and place it on a separate baking sheet.

Roast the chicken for 30-40 minutes, or until cooked through and the skin is golden brown.

Glaze the Chicken:

Once the chicken is cooked, brush it generously with the remaining cranberry orange sauce mixture. Return the chicken to the oven and roast for another 5-10 minutes, or until the glaze is sticky and caramelized.

Combine and Serve:

Arrange the roasted vegetables on a platter.

Place the glazed chicken thighs on top of the vegetables.

Serve immediately.

Yes,
Chef!

