



corporate accounts NEWSLETTER

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Inside

Meal Prep

Check out tips to healthy prep-ahead meals

2

Menu Options

Learn how to create healthy meals for every time of day.

4

Testimonial

Learn what one of our Corporate Partners has to say!

5

Greetings-

Welcome to another edition of our Vitamix Corporate Accounts newsletter!

Your Vitamix Corporate Accounts Team wishes you a healthy and Happy New Year as we begin 2018! This edition is all about the increasingly popular trend of Meal Prep. Vitamix blenders make the ideal meal prep tool! Enclosed you will find great tips and tricks for successful meal prepping, as well as a complete menu made up of delicious prepare-ahead meals made at least partially in a Vitamix machine.

Here's to your health!



Banana Blueberry Orange Smoothie

Ingredients

- ¾ cup (180 ml) water
- 1 orange, peeled, halved
- 1 frozen banana, peeled, halved
- ½ cup (75 g) frozen blueberries

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached

Tip: Make up prepackaged smoothie bags for easy blending at work or at home.

Let Vitamix Help with Meal Prep

Start your New Year off with these time saving and healthy meal-prep tips

Plan

Find time: In order to save time, you need to invest time! We recommend you block off meal prep time one evening during the week or on the weekend. At first, you may need a bit more time until your system is perfected, but in the long run, meal prep will give back valuable time during the week. Use this found time to feed your life in other ways by spending time with family or friends, doing a hobby, working out, or simply living.

Create a menu: The secret to successful meal prep is a well thought out menu. The most successful menus are simple. Try to develop a meal plan that allows you to repurpose the same ingredients in new ways. For example, Vitamix vegetable “meatloaf” works well as an entrée or a sandwich filling, and can be added to pasta sauce. Making just this one recipe provides variety of different meal options throughout the week.

Tools for success: Experienced meal preppers invest in a few simple tools ahead of time. Storage bags, storage containers, painters or masking tape, and a good permanent marker for labeling make for a more organized and user-friendly final product. Also, prep all your common ingredients at once. For example, if you need chopped onion in multiple recipes, prepare it all at the same time. Meal preppers who have a Vitamix love being able to wet or dry chop ingredients, and to blend in things like hidden veggies to the meals they are already making—sneaking in more nutrition and getting more consistent results every time.

Prepare

Multitask: The key to successful meal prep is in multitasking. Look at your menu and prepare like foods at the same time. Need to roast vegetables? Prep and roast together in the same dish.

Multilayer: Have containers ready and layer the ingredients as you go into the containers as they are prepped saving time

Portion

Bag it: Store all the ingredients for a refreshing smoothie into a sandwich bag ready to blend with a splash of your favorite liquid. Smoothie bags can be frozen for more versatility. Make a batch of Vitamix pancakes using the recipe of your choice and freeze individually for a quick and easy toaster reheat. Items such as meatloaf can be sliced, cooled, and bagged in individual servings or made in muffin tins as individual portions.

Bottle it: Mason jar salads are a popular meal prep solution for good reason. The jars are aesthetically pleasing as well as efficient. Be sure to pour your favorite Vitamix dressing recipe in first, followed by any nuts, seeds, cheese, or non-vegetable toppings prior to adding the veggies to keep all ingredients fresh and crisp.

Cube it: Prepare sauces, salsas, and spreads in advance and freeze them in into ice cube trays for future use. Having these Vitamix recipes made up ahead of time allows you to put a chef's touch to any meal. Another great way to use ice cube trays is for extra herbs. Blend them with some butter or olive oil, portion and freeze for later.

Freeze it: Meals prepared ahead of time can be stored in the refrigerator, or freeze them for later. For example, you may enjoy a muffin for breakfast but not want the same kind for multiple days in a row. Make a few muffin recipes or larger batches to have more options to choose from over time.

Meal prep takes time to master. Try mastering breakfast or lunch the first week and expand as you go. **Plan. Prepare. Portion. Enjoy.**





We're much more than smoothie makers. We're dreamers and doers, on a journey to infuse healthy, delicious food into our lives. From meal time to snack time-explore new ingredients, create classics, never get bored.

Vitamix Meal Prep Menu Options

Breakfast

Mix up a batch or two of our delicious pancakes and freeze individually for a quick and wholesome traditional breakfast from your toaster for later.

[Oatmeal Cranberry Pancakes](#)

[Whole Grain Pancakes](#)

Lunch

Make a mason jar salad with your favorite toppings with one of our delicious Vitamix dressings layered first to keep greens fresh and crisp.

[Ginger Citrus Salad Dressing](#)

[Dish D'Lish Cranberry Vinaigrette](#)

Dinner

Start with a warm hearty soup blended in advance and stored in individual servings.

[Acorn Squash Soup](#)

[Broccoli Cheese Soup](#)

Make one of the entrees listed below and add serve a healthy heaping of vegetables on the side. The following can be made into a loaf and sliced, formed into patties, or baked muffin tins for added storage convenience.

[Black Bean Burgers with Sriracha Aioli](#)

[Vegetable "Meatloaf"](#)

Dessert

Whip up a healthy batch of cookies and treat yourself. We recommend packing them in small portions and freezing for a sweet treat later!

[Date Oatmeal Cookies](#)

[Avocado Fudge Balls](#)

For more recipe options, visit us [here](#).



Corporate Accounts Partner Testimonial

“Vitamix has been a key contributor to the success of our wellness program at DDR. Their presence at our health fair and other wellness events has increased awareness of the importance of consuming more vegetables and fruits. Many of our busy employees have purchased a Vitamix through the corporate discount program and use it as a daily tool for optimal nutrition intake. Thank you, Vitamix, for supporting our employees’ efforts to make healthy eating convenient and affordable.”

SARAH EZZIE HAINES

Senior Wellness Manager



For any questions regarding the Corporate Accounts Program, please contact a member of our team at [*corpaccounts@vitamix.com*](mailto:corpaccounts@vitamix.com)

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8615 Usher Road
Olmsted Township
Ohio | 44138
vitamix.com

