

# MEDIA RELEASE

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## Local Chef Gives His Five 'Top Tips' For Beating the Holiday Bulge

Halifax, Nova Scotia. <http://www.mealeasy.com>

With the Holiday season on our doorstep there's plenty to worry about – second-cousins to shop for, holiday meals to plan, and what the scales will show during the inevitable New Year's 'weigh in'.

For those attempting to maintain their weights or lose a few pounds, the holidays can be a minefield of high-fat meals and caloric desserts. Paul Routhier, Executive Chef with MealEasy, an online meal planning solution, comes to the rescue and shares his top five tips for surviving the season:

1. Replace traditional mashed potatoes with mashed sweet potatoes, says Paul. Chock full of nutrients, sweet potatoes are a great source of Vitamin A, Vitamin C, fibre and complex carbohydrates. Paul recommends boiling the sweet potatoes until soft and mashing with cinnamon and a touch of real maple syrup.
2. Rest easy – the turkey is safe to eat! But white meat only, Paul says, and nix the gravy. Turkey meat has long been a staple of those on a low-fat diet, and it's easy to see why. A source of Vitamin B6 and folic acid, turkey meat contains only 1 gram of fat per ounce. Baste with a little olive oil and vegetable broth, Paul suggests, and use herbs liberally to really enhance the taste.
3. Though picky eaters may scoff at vegetables, Paul maintains there are many ways to make the standard peas n' corn just as interesting as the next side dish! Roast vegetables in the oven with olive oil, dress up green beans with vinegar and steam asparagus with lemon and sea salt for a tasty treat.
4. Those interested in avoiding excess calories may want to avoid boozy sauces, after-dinner liqueurs and sugary white wines. For anyone wishing to drink during the holidays, Paul recommends a small glass of heart-healthy red wine, reputed to be a rich source of antioxidants. Moderation is best, Paul says, maintaining a 5 oz glass is the perfect amount.
5. For many, dessert is the reason for the meal in the first place! Paul's tip for avoiding a sugar crash after a holiday meal is to enjoy a cup of coffee, a piece of dark chocolate and an innovative dessert, such as pears poached in spiced wine, or fresh raspberries with a sprinkling of icing sugar. Indulge a bit, Paul says, but keep portions small. You'll thank him later for that advice!

Paul's foodie wisdom doesn't stop there. The chef, along with a dedicated team of professionals, has created MealEasy, an online meal planning solution that allows you to plan a weeks worth of meals in as little as 15 minutes.

Started in 2005 by George Borovan and his son Brent, the website provides thousands more healthy

meal and side-dish ideas. It will even create your grocery list for you – and provide step-by-step instructions on preparation and cooking.

MealEasy can be found online at: <http://www.mealeasy.com>

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**Notes for Editors:**

1. Noviden Technologies Inc. is a privately owned company that engages in developing innovative and unique software applications. Improved quality of life through creative dietary planning is our primary focus in developing our core product.
2. About MealEasy®: MealEasy® is a first-class online meal planner, a solution giving users step-by-step instructions on how to create **healthy meals from scratch**. Customers can choose between five healthy meal plans, depending upon their dietary needs and overall nutrition goals: the Balanced Meal Plan, the Vegetarian Meal Plan, easy healthy meals in the Heart Healthy Meal Plan, the Diabetic Meal Plan, and the Gluten Free Meal Plan. The innovative software walks customers through every step of the meal making process, even helping customers create a grocery list and saves money in the process. MealEasy® offers more than 1,500 easy quick healthy meals; most of which are ready in 30 minutes or less.

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