

My dad always told me, **“Before you look at the cattle, look at the people. It’s the people that stand behind the cattle.”**

—John Adams, XIT Ranch • Meade, Kansas

Learn more about Adams Cattle Company and XIT Ranch @ [www.gardinerangus.com](http://www.gardinerangus.com)

# PROFIT

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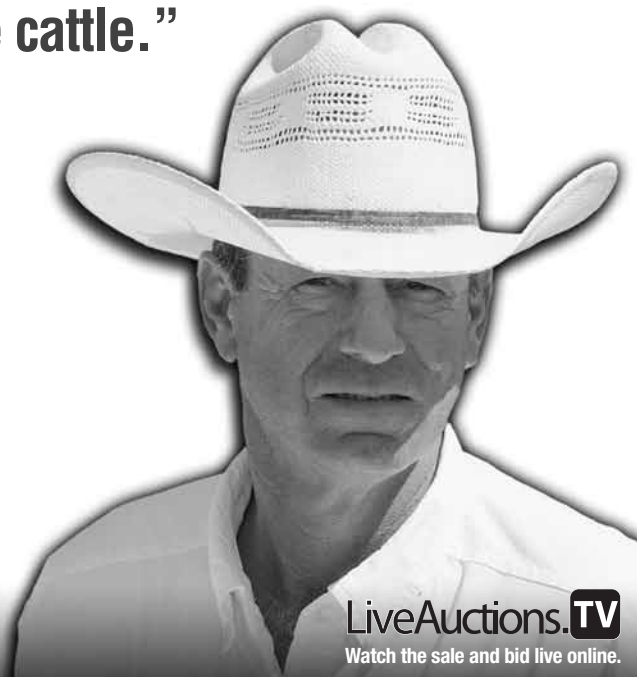
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## Packing A Lunch That Packs Serious Flavor...And Health Benefits

*Tips and recipes from your favorite Certified Angus Beef® brand chefs*

WOOSTER, Ohio – August 12, 2011 – With busy workloads and hectic schedules, it’s no surprise many Americans are skipping lunch. A recent survey by Right Management and LinkedIn reveals that workers are less likely than ever to take lunch breaks. Fewer than half the employees surveyed take a lunch break on an average day, and 13 percent do not take time for lunch at all.

The *Certified Angus Beef®* brand turned to its brand ambassador chefs to find out why lunch is so important and tips to make the most of a mid-day meal.

### **Lunch, the Forgotten Meal**

Many people find it difficult to take a break from work to eat, but skipping lunch all together can be more detrimental to a productive day. **Chef Dave Martin, finalist on Season One of Bravo’s “Top Chef,”** says eating throughout the day is extremely important and a solid, balanced lunch will give the energy to power through the work-day. He suggests keeping fresh, seasonal produce on hand to mix and match vegetables each day. He also recommends enjoying a variety of quality lean proteins and other fiber-laden foods, like black beans, garbanzo beans, beef and chicken.

### **Pay Attention to the Seasons**

**Chef Peter Vauthy of Red, The Steakhouse in Miami Beach** insists that lunch needs to be thought out even more than dinner to avoid the monotony of a boring meal. He suggests keeping lunch

simple, nutritious and visually appealing as we eat with our eyes first. Plan out lunches for the week and keep in mind, the bounty of the seasons. Dinner “leftovers” can be creatively spun: last night’s grilled steak could be served cold, after simply chopping into bite size pieces and adding sundried tomatoes, pine nuts and balsamic vinegar.

### **Plan Ahead**

**Chef John Doherty, principal of John Doherty Enterprises,** has found that planning ahead on Sunday helps him stay disciplined throughout the week, allowing more time to spend with family on week nights. Chef Doherty recommends cooking a few chicken breasts or steaks and having them ready to use during the week. One day it might be a salad with chicken, dried cherries, goat cheese, and the next day, it could be chicken with fresh veggies and a soup. 🍲

