

Healthful, Fresh Meals Delivered

Eighty percent of our current weight is related to what we eat, so a sensible food plan should be combined with exercise for optimal success, says Michelle Kobernick.

She is founder of Gourmet Everyday, a Ferndale company that plans menus according to specific diets, then prepares portion-controlled bistro-style meals for delivery to clients.

She just joined forces with Franklin Athletic Club and its new weight loss and fitness program. Food now can be delivered to Franklin without a delivery cost. She also has an office there.

Kobernick, a former personal chef with an exercise science, health and education background, started her business as a way to make the time and expense of planning, buying and preparing flavorful weekly meals and snacks less of an obstacle to the weight-loss process.

"I believe that food is best when it is prepared closest to its natural state, and cooked without chemicals and preservatives," she said. "Herbs and seasonings, not fats, impart flavor and depth to the dish. Lean cuts of meats are tender and moist when they are prepared properly. Vegetables and lettuces should be dark green and full of nutrients. And

lastly, everything should be made from scratch."

Her salad dressings are so popular, she is working to bottle them for sale.

Kobernick offers these tips:

- Put food on smaller plates and sit down to eat. As you adjust to smaller portions, meals will seem bigger.

- Drink plenty of water, and reach for it first if you feel hungry. It provides a full-belly sensation. Being hydrated is important to the weight-loss process.

- Keep your hands busy. Choose a snack that makes you work, like pistachios in a shell.

- Try a strong mint to curb your appetite and satisfy your urge.

- Eat every few hours to keep your metabolism active and use calories efficiently.

- Stop eating at least two hours before bedtime.

- Get moving! You need to use more calories than you take in to trigger the weight-loss response. Studies also show vigorous exercise can temporarily suppress hunger as well.

For information, call (248) 398-5559, or go to GourmetEverydayDelivery.com. □

— Keri Guten Cohen, story development editor

Gourmet Everyday Chicken With Garlic Tomato Compote

- 4 whole boneless skinless chicken breasts
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. olive oil

Remove excess fat. Slice on the bias into 1-inch thick medallions. Season with salt and pepper. Heat the oil in a skillet over medium high heat. Cook about 4-6 minutes per side or until the chicken is fully cooked. Cover with foil to keep warm.

Sauce

- 2 Tbsp. olive oil
- 4 thinly sliced garlic cloves
- 1 whole shallot
- 4 cups halved grape tomatoes
- 2 Tbsp. white wine vinegar
- 1 tsp. sugar or pinch of sugar substitute
- 1/4 cup white wine or chicken stock

Thinly slice the garlic. Half the grape tomatoes, set aside. Using a clean pan, heat the oil over medium heat. Once hot, add the garlic. Cook just until it starts to brown or crisp slightly. Remove and put on a paper towel.

Add minced shallot to the pan and reduce the heat. Saute for 1 minute. Add the halved tomatoes and stir. Add the white wine vinegar, sugar and mix. Cook until the tomatoes start to break down. Using a potato masher or spoon, crush the tomatoes slightly. Return the garlic to the pan and fold everything together. Season with salt. Pour the compote over chicken and serve immediately.