



Arden Hills Adds 12 Exciting New Menu Items To Popular & Deliciously Convenient “Meal Plans”

On-Site Culinary Team Prepares Nutritious Meals Available For Pick-Up or Delivery

SACRAMENTO, Calif. (October 8, 2010) – Continuing the popular “Meal Plans” program launched earlier this year that offers nutritious and delicious pre-packaged meals for pick-up or delivery, Arden Hills Resort Club & Spa has added a number of new menu items available for advance order. With a menu that rotates monthly, the freshly-made meals are nutrient-dense and prepared on-site with all natural ingredients. At any given time, nearly 40 meals are available as part of this elevated focus on nutrition which include breakfast, lunch, dinner and dessert options that range in price from \$6.00 (breakfast or dessert), \$8.00 (lunch) to \$12.00 (dinner).

To start the day, tasty new breakfast choices include the following: **Huevos Rancheros, Banana Pancakes, Poached Eggs With Asparagus Salad** and **Tofu Scramble with Soyrito**. For lunch, scrumptious new offerings range from **Mango Chicken, Quinoa Spinach Salad, a Turkey Burger** to a **Veggie Burger Wrap**. Then, for more hearty dinner selections, new menu items include **Cilantro Lime Chicken, Lemon Pepper Roasted Chicken, a Tofu Enchilada**, or even a **Caramelized Onion Tart**.

Meal Plans menu items are freshly prepared daily at the resort by the top-notch culinary team. The new gourmet meals are packed with nutritious ingredients, can be customized to fit special dietary needs and do not exceed 700 calories for the most hearty dinner entrees. Designed to help individuals or families achieve their weight loss or nutrition goals, the meals can be ordered individually or as part of a personalized Professional Plan program developed by the on-site nutritionist. Special quantity discounts apply when food orders are placed one week, two weeks or a month at a time.

“Our new ‘Meal Plans’ program has really started taking off, our customers just love it!” said Cory Glaeser, Wellness Chef at Arden Hills Resort Club & Spa. “In fact, it’s amazing to see the number of return customers. Once people get a taste of the meals and convenience of the program, they keep coming back for more.”

All Wellness Programs and meal plan offerings are open to resort guests and members alike. To order or find out more detailed information about the new pre-packaged meal plan options, visit www.ardenhills-wellness.com or call 916-482-6111 to speak with the concierge. Meals must be ordered in advance and menu options will continue to change on a monthly basis.

*A \$5.00 delivery fee applies for home or office delivery in the greater Sacramento region.

About Arden Hills Resort Club & Spa

For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California’s capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit www.ardenhills.net or call 916-482-6111.

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