



Look Good. *Feel Good.*

Hello!

We realize so many of you are "social distancing" at home like we are doing, and while we can still get some of our favorite meals from restaurants via delivery or pick-up, many of us are cooking more often than we ever did. So today, we thought if you are looking for something different to fix for yourself and/or your family, we're sharing again some of our more popular recipes. Many are very quick and easy, and as usual, all are nutritious and yummy!

Mermaid Shepherd's Pie

Have you ever had Shepherd's Pie? If not, you're missing out. We've included a from-scratch authentically-made recipe from one of our Mermaid's Irish grandmother that you've really got to try! (It's still March after all, and we didn't get to celebrate St. Patty's Day out.) Of course, our Mermaid put her spin on it with our versatile [Land & SEAsoning](#) spice mix, enhancing its flavor and nutrition! You'll love this delicious recipe especially yummy for a colder night. Plus we give you a little history about this beloved dish.



Roasted Pork Pineapple Fried (Miracle) Rice

We used Miracle Noodle's zero fat, zero cholesterol, zero sugars and zero sodium Miracle Rice, with just 3 grams of carbs per (rice) serving to make this yummy roasted pork pineapple fried rice. We kick up the flavor and nutrition with our Land & SEAsoning spice mix. You can buy both online, or just substitute regular white rice instead of Miracle Rice. We use a small pork tenderloin roast or any cut of pork could work including leftovers such as pork chops.

Mermaid Taco Salad

Sometimes you just need your Mexican food fix. Both ground beef and chicken recipes provided. Unfortunately most Mexican food can add on calories and carbs pretty fast. However, our Mermaid Taco Salad is healthy and nutritious with its all-natural ingredients. You really don't need any store-bought dressings or chips in there. But if you do want a little crunch, you can try adding low carb tortilla chips or strips, or get some tortilla bowls to serve the salad in. If you have your own Salsa recipe, great... any variety you like will work fine. Or we have [our own Salsa recipe](#) you can follow here.



Country Style Pork Ribs

Our most popular recipe, this is from one of our customers who let us know that on one of the very cold snowy days we had last year in February, she was inspired to put something in the oven then curled up on the couch and watched old movies while it was cooking. Sounded lovely. (We're all probably watching a little more TV these days.) She used our [Land & SEAsoning](#) mix, adapting it to her recipe. Though



available year-round, fresh pork is more plentiful during the winter months and therefore the prices are usually lower. These are oh-so-good, so tender and delicious, you'll want them year-round!

Meal Replacement Smoothie

And finally, try this Smoothie recipe when you don't feel like eating a meal, but want something nutritious and tasty...it's loaded with so many healthy things for you. Helps you look good and feel good!

Need More Inspiration?

We have [lots more recipes](#), including healthy snacks, soups, stews, Bloody Mary's, salad dressings, roasted vegetables and more. So check them out and let us know what you're cooking!



KANSAS CITY
NUTRITION & WELLNESS
Festival

Update: At this point we haven't cancelled the Kansas City Nutrition & Wellness Festival which The Midwest Mermaid Muse, along with Somerset Ridge Vineyard & Winery will be co-hosting on Sunday, June 28th. Keep it penciled in on your calendar for now, and once we know if it will still be scheduled, cancelled or rescheduled, we'll let you know.

kcwellnessfest.com

Kathleen Foland The Midwest Mermaid Muse

Kathleen Foland makes small batch, all natural topical and culinary products in Kansas City. A certified health coach, her products take a dual approach to wellness and beauty, both inside and out. The all-natural skincare and food products contain seaweed and/or healing medicinal mushrooms. In her blog "Musings," Kathleen shares her thoughts on superfoods, wellness and health tips, inspirational stories, recipes, and ideas for using many of her products. So [take a look](#) back to pick up some insight for your own personal self-care.



Read a **Special Message** from Kathleen Foland
Regarding Some Thoughts About COVID-19.

Let's Be Social!



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