

# welcome to the new goodeating

Hello folks! We're excited to introduce you to a brand new goodeating! We decided it was time for a new approach to our traditional good eating catalogue. That's why you'll notice a whole new look and brand new content to match – it's full of great food ideas, new products, easy-as-pie recipes and lots of good-to-know hints and tidbits. Plus, we share a few of your own customer comments and give you a sneak peek at what it's really like behind the M&M counter. But, don't worry. No matter what we've changed, one thing remains the same – our love of easy and delicious food!

We hope you are inspired by the new goodeating and savour it for seasons to come. And, remember, if there's a product you're searching for and can't find on these pages, simply visit [www.mmmeatshops.com](http://www.mmmeatshops.com) to view our entire line of M&M products.

Here's wishing you  
goodeating every day!

*Mac*  
Mac Voisin,  
Founder of M&M Meat Shops



French Onion Soup



Boneless, Skinless Chicken Breasts

# you said it!

## MAX customer raves & reviews

### hit of the wedding...

I have been purchasing your products for quite some time and I love them all. I do a lot of entertaining, family gatherings, staff parties, get-togethers with friends and just everyday meal planning. I love that the meals are quick and taste homemade. My son just got married and the hit of his supper was your stuffed turkey breasts. Everyone loved them so much that they were calling me the next day to see how I made them. They were surprised when I told them they were an M&M product. I love the staff at the store, too. They are always very helpful and always friendly. Thank you.

*Diane MacDonald*  
Sydney, Nova Scotia



Stuffed Turkey Breast

### renovations made easy!

My first trip to M&M came at the tail-end of a kitchen renovation that went several months longer than expected. We were fresh out of prepared casseroles – and in serious need of some nutritional main courses. I'm not sure if I knew what M&M really sold before that, but I'm now a major fan. With a household that revolves around four kids, their schooling, sports and part-time jobs, M&M helps me deliver good food to the table, fast! Thanks, M&M...you're making me look good!

*Joy Gregory*  
Calgary, Alberta

Excellent selection of foods for families on the run. Good store locations, great franchise owners and staff.

*Mark Twentyman*  
Sault Ste Marie, Ontario

We're hooked on the Boneless, Skinless Chicken Breasts. There's nowhere else I'd buy them from. Quality is always there. We shop the Grimsby store and must say the staff is very friendly.

*Gary Dion*  
Grimsby, Ontario

### Uptown helps busy mom

Since M&M Uptown opened in my neighbourhood (downtown Toronto), I have completely changed how I feed my family. As a busy working mom with two active teenagers, providing healthy and convenient food choices is a challenge. Now I always have meals and snacks available in my freezer that are easy for them to prepare. Two favourites in my house are the French Onion Soup and the Chicken Quesadillas. As well we always have M&M chicken breasts and a good variety of frozen vegetables stocked so a healthy chicken stir-fry is literally minutes to prepare.

*Carol Tung*  
Toronto, Ontario



Chicken Quesadillas

### Just like "home cooking"

M&M has changed my way to prepare weekly meals. We're an active family where both parents are working; we have to find hints to make meal preparation easier. At M&M, we find prepared meals ready for the oven, so I can spend more time taking care of my son and my home, and our mealtimes are more positive and enjoyable. Thanks M&M.

*The Labre family*  
Sainte-Anne-des-Plaines, Quebec

Tell us what you think and you could appear in our next issue!  
Contact us at [max@mmms.ca](mailto:max@mmms.ca).