

CHEF Debrina Woods

2016 HEART HEATHY MEALS Menu SAMPLER:



Grilled Shrimp Brochettes with Mango Salsa



Balsamic Veggie Stuffed Steak Rolls



Grilled Greek Chicken Salad



Southwest Quinoa Salad



Baked Zucchini Lasagna



Roasted Chicken Taco Salad

These are but a sampling of fun and delicious options to explore on a Heart Heathy Meal Program. I would be happy to work with you to develop meals that would continue to be satisfying, nutritious and INTERESTING over the long term – Chef “D” (Debrina Woods)



Tuscan Roasted Vegetable and Bean Soup



Grilled Chicken Summer Tomato & Avocado Salad



Roasted Parmesan Carrots



Slow Roasted Pork Tenderloin



Lettuce Wrap Tacos



Grilled Salmon with Cucumber Salad

These are but a sampling of fun and delicious options to explore on a Heart Heathy Meal Program. I would be happy to work with you to develop meals that would continue to be satisfying, nutritious and INTERESTING over the long term – Chef “D” (Debrina Woods)