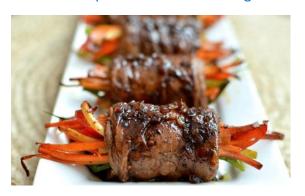
www.chefdebrina.com

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)

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Tuscan Roasted Vegetable and Bean Soup



Roasted Parmesan Carrots



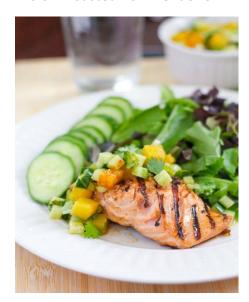
Lettuce Wrap Tacos



Grilled Chicken Summer Tomato
& Avocado Salad



Slow Roasted Pork Tenderloin



Grilled Salmon with Cucumber Salad

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