

The Art of Cuisine

Sample Weight Loss Menu

Curry Tuna Salad

This tuna salad is made with, minced red onion, golden raisins, with a curry light mayonnaise dressing. Can be served in pita bread or over a bed of lettuce.

Zesty Vegetarian Pitas Salad

This pita is made with cucumber, red onions, lettuce, chickpeas with light mayo and sun-dried tomato spread.

Chicken Fajita Salad

Served with bell peppers, onions, low fat cheese, avocados, salsa, and low fat sour cream.

Vegetarian Bean Taco Salad

This flavorful salad has black bean chili, low fat cheese, avocados, salsa, and low fat sour cream.

Roasted Eggplant with Chicken or Tofu and Basil

Served with brown rice A hearty, spicy main dish delight. This is nutritious tofu for people who thought they'd never like tofu.

Beef or Vegetarian Three Bean Chili

Served with three cheese roasted pepper tortilla pinwheels

Marinated Salmon

Served with steamed vegetables

Low Fat Southwestern Black Bean Lasagna Rolls

Served with steamed vegetables

Mongolian Beef

Served over cellophane noodles

Thai Style Tomato and Shrimp Salad

This spicy salad is bursting with flavors

Italian Sausage with Peppers and Tomatoes

Served with brown rice pasta and parmesan cheese

Chicken Breast with Raspberry Balsamic Sauce

Low fat mashed potatoes and steam vegetables