



Eating for Fitness!

Dina's Picks Weight Loss Menu

Thai Chicken Salad... chopped romaine lettuce, shaved red cabbage, carrots and red bell peppers, with grilled chicken, sesame seeds with Oriental Sesame dressing. 16.99

...substitute seared Ahi tuna, add 3

Salmon Asparagus Salad... organic mixed greens, topped with seasoned grilled salmon, asparagus and a light sprinkling of crumbled Gorgonzola cheese, toasted pecans and served with your choice of dressing. 19.99

Mediterranean Chicken Salad... grilled chicken breast, lightly sprinkled crumbled feta cheese, marinated artichoke hearts, sliced cucumbers, sweet tomatoes and red onions served with your choice dressing. 16.99 ...substitute grilled salmon or shrimp, add 3

WRAPS

Served in three crisp lettuce wraps with hand-cut pico de gallo and shaved cabbage served with fresh fruit cup. Choose:

Hazelnut-crusted Wild Halibut 19.99

Mango Shrimp and Avocado 16.99

Grilled Chicken Asparagus (with tomatoes and shaved Parmesan cheese). 16.99

Grass-fed Organic Burger (with with grilled onions, tomatoes and avocado). 18.99

Salad dressings include: FitnessSocial Lemon Herb dressing, balsamic vinegar & oil, raspberry vinaigrette or lemon wedges and fresh salsa.



Dina Juve has over 20 years experience in health and fitness. She specializes in healthy eating plans and fast, safe workouts for weight loss and toning.