

Metabolic Medical Centers



July Recipes

Simple Summer Suppers

BBQ Pork Tenderloin & Slaw
Beef, Green Beans, & Squash Stir-Fry
Great Gazpacho Soup & Mesculin Salad
Grilled Filet Mignon & Cauliflower Salad
Grilled Herb Chicken Breast & Zucchini Salad
Grilled Pesto Chicken & Heirloom Tomato Salad
Grilled Tofu Steaks & Fresh Greens
Grilled Tuna Steaks & Vegetables
Korean Style Lettuce Bowls & Spicy Slaw
Portabello Mushroom Burgers w/ Lettuce, Tomatoes, & Onions
Roasted Tomato & Shrimp Salad
Shrimp Skewers & Cucumber Salad



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WEIGHT LOSS ACCELERATED



Find these recipes and much more
at our foodies4mmc recipe blog

