



Are you tired of salads and shakes? Feel great in your swimsuit and shorts! Chef Sandy can ensure all of your delicious meals are properly portioned and calorie controlled –eassey peasey!

Why hire Dinners on Demand Personal Chef Service?

- Over a DECADE of happy clients speaks to the quality of the services!
- You can “find” 8-10 additional hours each WEEK!
- Diets can be dull - meals from Dinners on Demand are ALWAYS delicious! Meals sure to please the whole family!
- You actually \$SAVE MONEY\$ on your overall grocery bills – not to mention reconnecting with your waistline.

940-255-2020 or email Chef Sandy at
chefsandy@dinnerondemand.biz

Love to Entertain, but Wish You Could Be a Guest at Your
Own Party?

Let Chef Sandy and Dinners on Demand make your wish come true!
Host and Hostess enjoy their evening for free for events of 12 or more
guests! Special provisions apply; call today to find out more!

940-255-2020

A Small Sampling of What Dinners on Demand Can Prepare For Your Special Events (menu does not necessarily reflect everyday dinner selections, special events only):

Mini Crab Cake w/Roasted Red Pepper Aioli on Radish Microgreens

Sweet-Hot Brie Kisses

Smoked Salmon "Tartar" w/Baguette Rounds

Blanched Asparagus Bouquets w/Wasabi Aioli

Romaine Spears w/Creamy Chevre Dressing, Crispy Applewood

Bacon and Heirloom Tomatoes

Endive Starburst w/Parmesan Curls and Lemon-Herb Dressing

Roasted Vegetable Strudels

Encrusted Rack of Lamb w/Peccorino-Romano and Herbs de

Provence

Bacon Wrapped Filet Mignon with Choice of Sauces: (*Jalapeno*

Béarnaise, Mushroom-Madeira, Creamy Green Peppercorn and more!)

Authentic Spanish Seafood and Smoky Chorizo Paella

Tuscan Beef Tenderloin

Cedar Wrapped Wild Salmon Packets

Creamy Veal/Chicken/Turkey Marsala w/Crispy Pancetta

And much, much more!

☞ Create your event menu based on *your* likes and dislikes!

☞ Prefer to eat “lite” or have a special diet need? **No Problem!**

Chef Sandy is specialized in special diet needs and making “Good for you” taste “Gourmet”!

Eating Right Everyday is Easy with Chef Sandy!

Chef Sandy can provide the culinary tools necessary to fuel your workouts, plus bring your family back to the table, with no effort on your part, all year long!

How? *Read on....*

☞ Everyday dinners customized to *you* – all the flavors you love, in **meals created to help whittle your waistline.**

☞ “Find” an extra 8-10+ hours each week! Enough time to workout *and* still have a life!

☞ Vegans/vegetarians, organic purists, gluten-free ~ whatever your dining style, Chef Sandy can help! And typically for less than the price of an equivalent dinner out at your favorite gourmet dining establishment.

Call today to get started! (940) 255-2020

Are you relying on dinners out maybe more than you should?

Do you wonder if Chef Sandy can make **YOUR** favorite restaurant meals lighter?

Famous Italian “Grill” Restaurant’s Tuscan Ribeye (*no sides*)

1000 calories & 66 grams of fat!

Chef Sandy’s Tuscan Tenderloin

431 calories and 36 grams of fat (*with room left over for low calorie and delicious side dishes!*)



Popular Chain Restaurant’s Grilled Shrimp Alfredo Pasta w/Garlic Toast

1540 calories and 84 grams of fat!

**Chef Sandy's Blackened Shrimp Alfredo Fettuccini w/Cholesterol Free
Garlic Bread**

**525 calories and 9 grams of fat (made using Omega enriched whole grain
pasta, hand-grated imported Parmesan cheese and the freshest shrimp
available!)**



**“Fresh”, “Homestyle” Restaurant's Chopped Salad w/Dressing
940 calories and 87 grams of fat!**

**Chef Sandy's Kitchen Sink Chopped Salad w/Blue Cheese Crumbles and
Honey-Mustard Dressing made with Avocado Oil
334 calories and 25 grams of fat (Enjoy 9 different vegetables, PLUS
nuts, crumbled blue cheese and tart cranberries!)**

***Just imagine what Chef Sandy can do with dishes like: lasagna,
stir fries, roasts, enchiladas, sauteed chicken and all your
favorite seafood!***

Chefsandy@dinnersondemand.biz