



Is 2012 the year that you stick with your New Year's resolutions? If your current dietary plan won't help you achieve your goals, why not find one that will?!

Chef Sandy can work with you to create meals in the proper portion, each created specifically to **YOUR** tastes and any medical restrictions you may have! Eating right doesn't have to be boring or bland!

### 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](mailto:chefsandy@dinnerondemand.biz)

**Eating Right Every Day 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.

## 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!  
Avoid crowded grocery stores, serve dishes that make a lasting  
impression and claim your rightful place as life of the party!**

**[chefsandy@dinnerondemand.biz](mailto:chefsandy@dinnerondemand.biz)**

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

Cold Poached Lobster Tails with Lemon-Parmesan Sauce

Watermelon Gazpacho

Beef Tenderloin Toasts with Artichoke and Arugula

Romaine Spears w/Creamy Champagne-Chevre Dressing, Crispy

Applewood Bacon and Heirloom Tomatoes

Endive Starburst w/Parmesan Curls and Lemon-Herb Dressing

Chilled Curried Buttermilk Soup with Shrimp and Fresh Corn

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

Grilled Cedar Wrapped Wild Salmon Packets

Light n' Lemony Cake with Citrus Curd and Fresh Berries

*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”!

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

**Do you wonder if Chef Sandy can make YOUR favorite restaurant meals lighter, right in your own kitchen?**

**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!***

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