

Custom Cuisine Menu Selections  
for Vai Fitness & Silvia Giamanco

<b>CHICKEN</b>		
<b>Feta Stuffed Chicken</b>		Pounded, flattened chicken breasts are coated with bread crumbs, filled with crumbled feta, folded over and baked.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Chicken &amp; Goat Cheese Burritos (Good Lunch Item)</b>		Shredded chicken breast seasoned with cumin and cayenne pepper, is mixed with black beans, goat cheese, green onion and salsa verde; rolled into flour tortillas.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Chicken Burritos (Good Lunch Item)</b>		Diced chicken breasts are combined with sauteed garlic, red bell pepper, onion, broccoli, zucchini, and mushrooms, then topped with Parmesan and neatly rolled up into a tortillas. (Can also be made with Shrimp or Tofu). You can also choose a different combo of veggies, cheese and/or spices.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Balsamic Vinegar Chicken</b>		Chicken breasts are lightly dusted with flour, sauteed and then simmered in a sauce consisting of cooked bacon, garlic, tomatoes, red wine, beef broth, porcini mushrooms, parsley, balsamic vinegar and thickened with cornstarch.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Chicken with Tomatoes &amp; Capers</b>		Pounded chicken breasts lightly dusted with salt and white pepper, are sauteed in olive oil and butter, then simmered in a sauce made of shallots, garlic, tarragon, tomatoes, red wine vinegar, capers, white wine, tomato paste, and topped with fresh parsley.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Chicken Soppresata</b>		Chicken breasts topped with salami are covered with sauteed green onion, chicken broth, garlic, Dijon mustard, lemon juice and fresh basil.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Lemon Pineapple Chicken</b>		Chicken breasts are topped and baked with a mixture of pineapple pieces, lemon, Dijon mustard, Worcestershire, cornstarch, rosemary and garlic.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Marie's California Chili</b>		A tasty blend of diced chicken breast, onions, green chilies, garlic, cumin, oregano, coriander, cayenne and great northern (white) beans are simmered together in chicken stock. <i>(Good with cornbread as a side).</i>
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Sticky Chicken</b>		Chicken breasts (or thighs) baked in a sauce made from honey mustard, orange juice, soy sauce, ginger, molasses, honey, and sesame seeds.
Serves 4	6 Oz	
Serves 6	4 oz	

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<b>Chicken Fennel &amp; Butternut Soup (Good Lunch item)</b>		Bite size pieces of chicken breast are combined with chicken broth, butternut squash, sliced fennel bulb, onion, garlic, oregano and crushed red pepper. This soup is wonderful on a cold winter night.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>TURKEY</b>		
<b>Turkey Stuffed Bell Peppers</b>		Ground turkey is mixed with onion, garlic, stewed tomatoes, rice, and Worcestershire, then stuffed into red and green bell peppers and topped with tomato sauce and cheddar cheese. (Can also be made with ground beef.)
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Breakfast Burritos</b>		These quick to heat and easy to eat burritos are stuffed with ground turkey, eggbeaters, cheddar cheese, sauteed green bell peppers and green onions all wrapped in a flour tortilla.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>WW Spaghetti w/ Turkey Meatballs</b>		Baked meatballs are made with ground turkey, seasoned breadcrumbs, egg, fresh parsley, dried onion and basil. Served over whole wheat spaghetti with a chunky tomato sauce made from onion, garlic, white wine, oregano, basil, tomato paste, diced tomato, and tomato sauce. (Can also be made with ground beef.)
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Spicy Turkey Marinara &amp; WW Spaghetti</b>		Spicy turkey sausage is mixed with onions, garlic, diced tomatoes, basil, oregano, pepper, chicken broth, sugar, tomato paste and tomato sauce. Served over a bed of whole wheat spaghetti or other pasta.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Turkey Meatloaf</b>		Ground turkey is combined with sauteed chopped green onions, green bell pepper, celery, garlic, parsley, and oats, egg, pepper, and mixed herbs. Topped with ketchup.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Cheddar Topped Lentils with Turkey</b>		Lentils are seasoned with marjoram, sage, thyme, bay leaf, onion, garlic, salt and pepper, then mixed with ground turkey, tomatoes, carrots, celery, bell pepper, parsley and topped with cheddar cheese. A vegetarian version of the recipe is also available.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Hearty Lasagna (Turkey)</b>		This classic lasagna is made with ground turkey, onion, garlic, tomatoes, tomato sauce, tomato paste, parsley, oregano, basil, pepper, cottage cheese, Parmesan cheese, ricotta cheese, egg white, lasagna noodles and topped with shredded provolone cheese. This can also be made with ground beef but the calories and fat will be higher.
Serves 4	6 Oz	
Serves 6	4 oz	

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<b>BEEF</b>		
<b>Blue Plate Meatloaf</b>		Extra lean ground beef is combined with sauteed chopped onion, green bell pepper, celery, and garlic, egg, ketchup, and bread crumbs.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>European Meatballs</b>		Extra lean ground beef is combined onion, salt, pepper, allspice, nutmeg, egg, milk, and breadcrumbs, then baked. Served with a creamy dill sauce made from butter, flour, beef broth, fresh dill, and light sour cream.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Cajun Meatloaf</b>		Extra lean ground beef are combined with onion, celery, green bell pepper, green onions, garlic, bay leaves, cayenne, black pepper, cumin, nutmeg, Worcestershire sauce, hot red pepper sauce, milk, egg, ketchup, and breadcrumbs to make a spicy meatloaf.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Hungarian Goulash</b>		Beef round cut into cubes and simmered in a tasty paprika sauce made from onion, garlic, ketchup, Worcestershire, brown sugar, paprika, dry mustard, cayenne, flour and water.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Meatloaf with Mustard &amp; Dried Fruit</b>		Lean ground beef and bread crumbs are combined with dried apricots, egg, chopped shallots, Dijon mustard, sage, salt and pepper. Topped with a mixture of apricot preserves and Dijon mustard.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>PORK</b>		
<b>Chinese Pork Tenderloin</b>		Pork tenderloin is marinated in soy sauce, sesame oil, oyster sauce, white wine, ginger root, hoisin sauce, Chinese bean paste, garlic, shallots and sugar. Glazed with honey and served in slices, hot or cold.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Oven Fried Pork Chops</b>		Center cut pork loin chops are dipped in a mixture of egg white, pineapple juice, soy sauce, ground ginger and garlic and then coated in Parmesan-flavored breadcrumbs and baked.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>French Pork</b> NOTE: This is an entree & side combo.		Lean pork is simmered in wine, broth, garlic, parsley, thyme, bay leaf and pepper, with carrots, mushrooms, and onions. Sauce is thickened with flour, water and fat free half and half and flavored with lemon juice.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>FISH/SEAFOOD</b>		
<b>Cajun Catfish (BAKE)</b>		Catfish dipped in a Buttermilk-Dijon mustard mixture, coated with Cajun spiced cornmeal. Spices include cayenne, thyme, garlic, onion, paprika and black pepper.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Oven Fried Fish (Tilapia) BAKE</b>		Tilapia fillets (or other mild fish) are dipped in buttermilk (yogurt or egg whites, upon request) and then covered with a mixture of bread crumbs, grated Parmesan cheese, parsley and paprika.
Serves 4	6 Oz	

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Serves 6	4 oz	
<b>Poached Salmon w/ Remoulade</b> (Can be eaten cold) Possible lunch item		Salmon fillets are poached in a flavor-infusing combination of water, lemon juice, onion, parsley or dill, celery, bay leaf, and peppercorns. This entree can be consumed cold by itself, over a bed of greens or can be re-heated.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Sesame Salmon (BAKE)</b>		Salmon fillets are covered with a sauce made of apricot preserves, Dijon mustard, sherry, and low sodium soy sauce, then topped with sesame seeds. (a.k.a. Apricot Glazed Salmon)
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Shrimp Burritos (Good lunch item)</b>		Diced cooked shrimp are combined with sauteed garlic, red bell pepper, onion, broccoli, zucchini, and mushrooms, then topped with Parmesan and neatly rolled up into tortillas. (Can also be made with Chicken or Tofu.)
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Shrimp Tetrazzini</b>		Sauteed green onions, mushrooms, garlic, and shrimp are combined with a flavorful sauce of chicken broth, white wine, fat-free half and half, oregano, Parmesan, butter & flour, and served over spaghetti.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>Crab Cakes</b>		Crab meat is mixed with sauteed green bell peppers, yellow onion, celery, eggbeaters, light mayonnaise, nonfat yogurt, Worcestershire, garlic, old bay seasoning, tabasco sauce, baking powder and breadcrumbs. This mixture is formed into cakes and baked until brown.
Serves 4	6 Oz	
Serves 6	4 oz	
<b>SIDES</b>		
<b>Creamy Spinach</b>		Fresh spinach and sauteed shallots are combined in a light cream sauce made with flour, salt, nutmeg, skim milk, and light cream cheese.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Two Grain Pilaf</b>		Barley and wild rice seasoned with chicken broth, thyme, marjoram, pepper, are combined with carrots, celery, onions, and mushrooms sauteed in butter.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Spinach &amp; Red Bell Pepper Couscous</b>		Red bell pepper, red onion, and garlic are sauteed in olive oil, seasoned with rice vinegar, basil, oregano, pepper and combined with couscous cooked in chicken broth, spinach, and currants.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Quinoa Pilaf</b>		Quinoa is combined with sauteed garlic, celery, green onion, carrots, red and green bell pepper and seasoned with oregano.
Serves 4	6 oz	
Serves 6	4 oz	

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Roasted Corn & Garlic Couscous		Garlic and corn are oven roasted and combined with couscous cooked in chicken broth and seasoned with salt and pepper.
Serves 4	6 oz	
Serves 6	4 oz	
Herbed Brown Rice		Long grain brown rice seasoned with chicken broth, bay leaves, thyme, and mushrooms. Garnished with sliced green onions.
Serves 4	6 oz	
Serves 6	4 oz	
Mediterranean Brown Rice		Long grain brown rice cooked with sherry, seasoned with olive oil, garlic, green onion, spinach, fresh parsley, fresh basil, red bell pepper, pine nuts, and Parmesan cheese.
Serves 4	6 oz	
Serves 6	4 oz	
Wild Rice Blend with Pine Nuts		Wild and brown rice blend is seasoned with cooked bacon, onion, celery, and garlic. Pine nuts are toasted and tossed with the rice.
Serves 4	6 oz	
Serves 6	4 oz	
Rice with Raisins and Almonds		White rice (or brown, upon request) seasoned with chicken broth, butter, toasted almonds slivers, golden raisins, salt and pepper.
Serves 4	6 oz	
Serves 6	4 oz	
Mashed Yams		Baked and then mashed yams are combined with butter, cinnamon, and nutmeg.
Serves 4	6 oz	
Serves 6	4 oz	
Carrots & Snow Peas		Carrots, snow peas and mushrooms are sauteed in olive oil, white wine, tarragon, and a dash of pepper.
Serves 4	6 oz	
Serves 6	4 oz	
Carrots Lyonnaise		Sliced carrots and onions are sauteed in olive oil and seasoned with a dash of sugar, pepper, and thyme.
Serves 4	6 oz	
Serves 6	4 oz	
Corn with Cilantro & Lime		Corn kernels are seasoned with butter, grated lime peel, lime juice, and chopped cilantro.
Serves 4	6 oz	
Serves 6	4 oz	
Pickled Beets		Fresh beets are boiled, sliced and then marinated in cider vinegar, water, sugar, salt and pepper.
Serves 4	6 oz	
Serves 6	4 oz	

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<b>Seasoned Black Beans</b>		Onion and garlic sauteed in olive oil are combined with black beans, vegetable broth, lemon juice, cumin, salt and pepper.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Acorn Squash</b>		Acorn Squash is topped with butter, brown sugar, and cinnamon; then baked and mashed.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Broccoli with Garlic or Lemon Butter</b>		Steamed broccoli is tossed with a homemade lemon butter. Can also be made with other butters such as parsley, mint, garlic or dill.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Honey Nut Snap Peas</b>		Sugar snap peas are combined with pine nuts, butter, honey and Dijon mustard.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Steamed Vegetable Medley with Lemon Butter</b>		A mixture of steamed vegetables including broccoli, carrots, red onion, cauliflower, and red bell pepper are tossed with lemon butter. Can also be made with other tasty "butters" such as dill, parsley, mint, or garlic.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Broccoli with Garlic</b>		Steamed broccoli is combined with garlic and red pepper sauteed in olive oil.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Oven Roasted Green Beans with Garlic (optional)</b>		Green beans are tossed with a bit of Olive oil, salt and pepper, and garlic slices and then oven roasted.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Oven Roasted Asparagus (with or without garlic)</b>		Asparagus are tossed with a bit of olive oil, salt and pepper, and garlic slices and oven roasted.
Serves 4	6 oz	
Serves 6	4 oz	
<b>Almost Fat Free Cornbread</b>		Cornmeal, flour, baking powder, and salt are combined with nonfat yogurt, egg whites, pureed sweet potatoes
Serves 4	6 oz	
Serves 6	4 oz	
<b>Cornmeal Scones</b>		Cornmeal, flour, baking powder, sugar, and salt are combined with butter, milk, and an egg to create these delicious treats.
Serves 4	6 oz	
Serves 6	4 oz	