



Mushrooms

*for your
Romantic Dinner*

By Dr. Irina Koles



Taste of Thoughts™

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My Dear Friend,

Thank you for your interest in my delicious recipes that allow you to reduce weight and become healthier. Enjoy these dishes, get slim and stay slim!

Mushrooms are very healthy and delicious food. They contain fiber and have a low Glycemic Index of only 15. Therefore they can be healthy combined with both food categories: either other carbohydrates (pasta, grains, beans), or with animal existed fat and proteins (meat, fish, cheese, milk products, eggs).

Both stuffed mushrooms and gratins are cooked very quickly. Also, you can make them one night ahead, keep in the refrigerator and then cook just before serving.

These dishes may be served as an appetizer or a main meal.

And the best – they are perfect for a romantic dinner! If you make them a night ahead, you need only 15 minutes for cooking when you come home from work. This is enough time for freshening up and opening the wine. By the way, they are perfect with either red or white wine, or any light cocktail. Try my free gift to you – Light Pineapple Cocktail.

A great addition to your dinner could be a green salad, fresh vegetables and plate of different cheese. Fruit, berries and 70% cacao dark chocolate for dessert would be just perfect!

Enjoy your new recipes and your unforgettable romantic dinner!

Basically.....considering the included bonus, either your breakfast ☺

To Your Health and Happiness,

Dr. Irina

Contents

Stuffed Mushrooms

1. White Mushrooms with Rockford
2. White Mushrooms with Horseradish Cheese
3. White Mushrooms with Apples with Walnuts
4. White Mushrooms with Ground Meat
5. Juicy Portobello
6. White Mushrooms with Prosciutto
7. White Mushrooms with Shrimp

Gratins

8. Shitake and White Mushrooms Gratin
9. Chicken and Shitake Mushrooms Gratin
10. Scallops and White Mushrooms Gratin

Get 2 bonuses!

11. Light Pineapple Cocktail
12. Oyster Mushrooms in White Wine

