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Chef Anthony Marcel
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Chef Marcel's Personal Chef Service

LOW CARB DIET MENU

Grilled chicken with ratatouille

Japanese eggplant, zucchini, peppers, tomatoes, chicken, basil, vinegar

Roasted mahi-mahi with blood orange, avocado, salsa

Blood orange, avocado, red onion, jalapeno, lime, mahi, grilled asparagus

Pan-seared salmon with arugula salad

Salmon, baby arugula, grape tomatoes, red onion, feta, olives

Miso chicken with roasted corn and edamame salad

Chicken, miso, ginger, garlic, corn, edamame, peppers, scallion, cilantro

Grilled flank steak and grilled asparagus with balsamic sauce

Flank, asparagus, grainy mustard, balsamic, oyster sauce