



Cooking Demo

Physician's Choice Wellness

Mini Pizza

Ingredients

1 Packet Tomato Basil Soup
1 teaspoon Baking Powder
2 teaspoons Water
1/4 teaspoon Oregano
1/4 teaspoon Basil
1/4 teaspoon Garlic Powder
Parmesan cheese

optional: red pepper flakes

Directions


Preheat oven to 350° or use a toaster oven.

Mix all dry ingredients together. Slowly add water and mix. The final product will be sticky, not runny.

Spray a baking sheet with non-stick spray. Spoon the mixture onto the sheet and spread it out into circles with the back of your spoon. You can make this into one pizza or several smaller pizzas.

Sprinkle with parmesan cheese.
(VLCD friends: Don't worry, the cheese will not put you over your carb limit. Just use a sprinkling and you'll be fine. One ounce of parmesan only has 1 carb.

Bake for 12-15 minutes.
Eat while warm



PB Fit and Celery

Ingredients

- PB Fit (Walmart or Sam's)
- Celery stalks

Directions

- Make peanut butter according to one serving
- Use as a dip w the celery

Pan-meal (or Oat-cake)

Ingredients

- 1 packet vanilla beverage
- 1 packet of Maple and Brown Sugar oatmeal
- 3-4 ounces of water

Directions

- Mix ingredients
- Make on griddle or waffle maker
- Eat w Walden Farms syrup

****This serves as a meal replacement AND your snack for the day.**

PCW Taco


Ingredients

- 1/2 package of broccoli cheddar soup
- 1/2 package of tortilla soup
- A sprinkle of parsley and a sprinkle of chili powder
- After product is made, you will need a little lettuce and 2 baby dill pickles

Directions

- Mix the ingredients w 2-3 ounces of water to make a thick batter
- Make into a waffle or pancake
- Place a small amount of lettuce and 2 baby dill pickles in the middle
- Roll it up like a taco shell and enjoy!

Coffee Delight



Ingredients


- 1 packet chocolate pudding
- 8 ounces cold coffee
- Ice
- SF caramel syrup (optional)

Directions

- Mix all ingredients in a blender
- Put in freezer for 30 minutes or drink cold

PCW Reese's cup

- PB Fit (Walmart or Sam's)
- Chocolate pudding
- 9-10 ounces water



Hope you all enjoyed! If you try something new, don't hesitate to share it with us so we can share it with others 😊