

# Mr. Mrs. Wynn's Dining Preferences

## Mr. Wynn

They have simple tastes. There is no need to be overly extravagant with their everyday food.

**\*\*No Spicy Foods or Curry\*\***

**\*\*Extremely Low-Carb Diet\*\***

- No fruit, sugar, potatoes, beets, carrots, bread  
rice, winter squash, pasta, etc.

Does not like lamb  
Does not like frisee

Likes to eat Wild Pacific salmon - not farmed

Likes salads chopped and tossed  
- not composed salads

Slice meats for him. He doesn't like to have to use  
more than a fork or spoon to eat

Enjoys tomato soup  
Enjoys mushroom soup - not too creamy

Enjoys "La Scala Salad"

Enjoys mozzarella & truffle omelets

Not a huge fan of fresh water fish - but will eat it

Loves scallops - must be well done

Enjoys lobster, not a huge fan of shrimp

Loves Breyer's Carb Smart Butter Pecan Ice Cream

Loves Precious brand mozzarella cheese

Do not over-feed him. Control portion size.

Loves miso glazed black bass or Chilean bass  
with jicama salad

Likes dipping sauces and aiolis

## Mrs. Wynn

**\*\*No Spicy Foods or Curry\*\***

She likes pretty much everything that he does, but  
she is not on the low carb diet.

Does not like fish for lunch but it is okay for dinner

Likes simple foods

- BBQ ribs
- BBQ chicken wings
- coleslaw
- BLT's on whole wheat
- waldorf salad
- chicken caesar salad
- tuna salad sandwiches
- grilled cheese with tomato & bacon

Enjoys good canteloupe, honeydew melon, water-  
melon, strawberries, raspberries, blueberries, green  
grapes, bananas, red delicious apples, oranges.  
Never blackberries.

Likes lamb

Prefers romaine or boston lettuce for salads

Likes cookies and brownies

Loves desserts

Eats very lightly. Small portions are okay.

Loves ice cream

Loves artichokes

Loves crudite