

Weekly 4 – Seminar Push for New Lead

Hi (Name),

We are so excited to share with you yet another delicious recipe: Sautéed Chicken with Spinach and Tomatoes. Don't wait to try this delectable and guilt-free dinner!

You'll need:

2 Tablespoons olive oil
1 ½ lbs. organic chicken tenders
1 medium onion, chopped
1 ½ cups cherry tomatoes
¼ cup water
3 basil leaves, finely chopped
1 clove garlic, finely chopped
3 oregano leaves, finely chopped
½ teaspoon sea salt
6 oz. baby spinach leaves

1. Heat the olive oil in a large skillet on medium-high heat. Add the chicken tenders and cook, stirring frequently, until browned (about 10 minutes). Add the onion, and cook for about 5 more minutes.
2. Stir in the tomatoes, water, and seasonings. Bring to a boil, stirring occasionally. Reduce the heat to low, cover, and simmer for 3 minutes.
3. Add the spinach. Cook for 2 more minutes, or until the spinach just begins to wilt.
4. Serve and enjoy!

Like all of our recipes, this is the type of food you'll be able to eat during your weight loss plan. To find out more about our plans, come to our Weight Loss Seminar! There, we can teach you even more about how easy and delicious it is to lose weight!

Don't wait another minute to reserve your seat at our [next seminar!](#)

Best wishes,

(Clinic Name and Information)