

Clucktastic Creations!

Embark on this clucktastic adventure through flavor town! Every mouthwatering morsel is like a ticket to poultry paradise where protein reigns supreme to help satiate your appetite and support your metabolism. A dish so good you're sure to say "Winner, winner, high protein chicken dinner!"

Thursday, April 25
Noon – 1 p.m.

Register Here

Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and to be entered in a raffle for a free cook!

Questions? Contact wellness@phs.org



**Lemon rosemary
chicken with forty
garlic cloves**