

Taste of Gourmet – Slimpossible!

All of Taste of Gourmet's soups and main dishes are naturally fat free and delicious without meat. Use boneless-skinless chicken breasts, ground turkey or turkey sausage in any of the mixes for a low fat, Weight Watcher friendly meal. (Use chicken even in the New Orleans Style Beef)

Beer and Quick Breads are made with no fat or oil! You can use Diet Sprite or Club Soda instead of using beer in these mixes.

All Dip Mixes can be made with **low fat** cream cheese, sour cream and mayonnaise or yogurt.

What about Vegetarian diets? - All mixes can be prepared as vegetarian – no animal fats or animal bouillon are used in processing these mixes.

Pie mixes can be made using egg substitute and soy margarine.

Our award-winning Smoked Catfish Pate was featured in an issue of Weight Watchers Magazine. The Pate and the Capers will cost you only 4 points for 3.5 Tbsp.

Weight Watcher Points are calculated for all of our products – that list is on the Website and in the products section of the manual.

All of our products are MSG free with no artificial flavorings or ingredients.

No Fat

- Jezebel Sauce
- Cranberry Chutney
- Great Grilling Marinade
- Lime Cilantro Dressing
- Suddenly Salsa
- White Bean Casserole
- Peach Pecan Pepper Preserves
- White Bean Casserole and all Main Dish Soups and Crock Pot meals can be enjoyed without any meat.

Very Low Fat

- Chimmi Sauce
- Chipotle Sauce
- All Soups, Gumbo and Main Dish Mixes (when prepared with bouillon cubes, chicken and/or ground turkey)

Low Sugar

- Jezebel Sauce (8g - 1 T)
- Cranberry Chutney (2g - 1 T)
- Chimmi Sauce (1g - 1 T)
- Great Grilling (4g - 1 T)
- Chipotle Sauce (2.5g - 1 T)

Low Sodium

- Cranberry Chutney (0g)
- Garlic Herb Dip (45g -1 T)
- Simply Spinach Dip (57g -1 T)
- Chipotle Sauce (25g -1 T)
- BLT Dip (0g)
- Lime Cilantro (40g - 2 T)

Low Carbohydrate

- Suddenly Salsa (6g. per one half cup prepared)
- Smoked Catfish Pate (4g. in 3.5 T)
- Catfish with Capers (4g. in 3.5 T)
- Great Grilling Marinade (4g. in 1 T)
- Chipotle Sauce (7g in 2 T - will flavor 4 servings)
- Dips made with mayonnaise, cream cheese, butter and sour cream.
Garlic Herb Dip BLT Dip Simply Spinach Dip
- Chimmi Sauce (4g in 1 ounce – will flavor 8+ servings)
- Lime Cilantro Dressing (4g in 2 T)