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3 Healthy + Delicious Recipes for Memorial Day



Love Fish Tacos or potato salad? Check out nutritionist Franci Cohen's healthy recipes for these summer treats.

Memorial Day—the start of summer is just around the corner. Whether you're planning a cookout or are just looking for healthy recipes to try this summer, check out these three healthy and delicious updates on summer classics: Healthy Mediterranean Potato Salad, Fish Tacos and Colorful Fiesta Veggie Salad.

Recipe: The Lazy Person's Shrimp Alfredo

All three were created by Franci Cohen. Franci is a certified nutritionist, personal trainer and exercise physiologist and creator of SPIDERBANDS®, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling.

Healthy Mediterranean Potato Salad

