



12 8th Street S.E. Hickory, N.C. 28602
 Order by **Fax** (828)327-7506 **Phone** (828)327-7505
Online www.livingleanmeals.com

EXTRA'S

QTY WL	HE	<p align="center"><u>BBQ Chicken</u></p> <p align="center">This flavorful baked chicken is served with Quinoa and vegetable medley. cal 294 fat 7.6g sodium 287.2mg carbs 23.6g sugar 9g fiber 6.4g protein 31.6</p>
QTY WL	HE	<p align="center"><u>Sliced Chicken , Spinach and Apple Pita</u></p> <p align="center">Marinated chicken served with fresh spinach and sliced apples. Served with a side of lite herbed cream cheese and a whole wheat pita. w/l cal 216 fat 6g sodium 293mg carbs 24g fiber 3g sugar g protein 18g</p>
QTY WL	HE	<p align="center"><u>Savory Chili</u></p> <p align="center">Lean ground beef with green peppers , onions and kidney beans. Served with fat free cheese. w/l cal 300 fat 10.9g sodium 817mg carbs 20g fiber 5g sugar 4 protein 22.9g</p>
QTY WL	HE	<p align="center"><u>Turkey Pepperoni Quesadilla</u></p> <p align="center">Enjoy this pizza like quesadilla on a w/w wrap with turkey pepperoni, black olives, low fat mozzarella cheese, peppers & onions. w/l cal 299 Fat 8g Sod 287mg Carbs 24g Fiber 7g Prot 31g Sugars 9g</p>
QTY WL	HE	<p align="center"><u>Bourbon Glazed Salmon</u></p> <p align="center">Salmon marinated in a Flavorful Bourbon Marinade served with quinoa and broccoli Upcharge for Salmon \$1 w/l cal 322 carb 31g fat 4.9g fiber 3g protein 39.3g sodium 198mg</p>
QTY WL	HE	<p align="center"><u>Italian Garden Frittata</u></p> <p align="center">This open faced Italian omelet is filled with fat free cheese, zucchini, onions and tomatoes. Served with a side of turkey sausage. w/l cal 273 fat 11.5 sodium 703mg carbs 5.8g fiber 1.8g sugar 1.6 g protein 26g</p>

QTY	Chocolate or Vanilla, Cheesecake, Butterscotch Pudding \$1.50 each Cal 160, carbs 13.8g, protein 20g, fat 2.6g, fiber 1.45g
QTY	PEANUT BUTTER PROTEIN BAR \$1.50 each Cal 197, carbs 13.7g, protein 21g, fat 7.2g, fiber 1.6g
QTY	Spinach and Black Bean Enchiladas \$4.75/\$5.25 Black Beans, Spinach, fire roasted tomatoes and peppers make these enchiladas explode with flavor. cal 292.7 fat 7.8g sod 987.6mg carbs 28.7g fiber 4.7g sugar 1.6g prot 27.9g
QTY	Cranberry Chicken Salad \$4.75/\$5.25 w/l cal 321, carbs 27.2g, fat 13.6g fiber 4.8g, protein 34.3g sodium 683.2mg
QTY	FARMER'S CASSEROLE \$4.75/5.25 Shredded Hash browns, Jack Cheese Diced Ham along with Egg beaters Cal 208 Fat 12g Sodium 610mg Carbs 23g Fiber 2g Protein 21g
QTY	Mixed Green Tossed Salad \$2.50

Orders are due Friday July 13th by Noon!!

CIRCLE A MEAL PLAN
 WEIGHT LOSS \$4.75/ HEALTHY EATING \$5.25
 CASH/CHECK/MASTERCARD/VISA/AMERICAN EXPRESS
Pick up Tuesday July 17th (12pm-6pm)

Client Information

NAME _____

#MEALS _____

PHONENUMBER _____