



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 <u>WL</u> <u>HE</u>	<u>Baked Chicken Roll-Up</u> Chicken Breast , Lean Ham and Swiss Cheese wrapped in bacon served with a side of Green Pea Medley <i>w/l cal 387.7 fat 13g sodium 903mg carbs 11g sugar 3.9g fiber 3g protein 45.3g</i>
QTY <u>WL</u> <u>HE</u>	<u>Tex Mex Chicken Salad</u> A new twist on our regular chicken salad. Loaded with Green peppers, tomatoes, corn, southwest seasonings. Served on Whole Wheat Flatbread <i>w/l cal 348.1 fat 16.9 g sodium 440mg carbs 25.4 g fiber 5.8g protein 25.7g</i>
QTY <u>WL</u> <u>HE</u>	<u>Chinese Beef</u> Lean beef stripes stir fried with oriental vegetables served with quinoa <i>w/l cal 300 fat 9g sodium carbs 25g fiber 6g protein 31g</i>
QTY <u>WL</u> <u>HE</u>	<u>Open Faced Turkey Melt</u> Turkey burger on a whole wheat English Muffin with Dijon Mustard and lite Swiss cheese. <i>w/l cal 348 fat 9g carbs 22.4g sodium 848mg fiber 1.5g protein 43.4g</i>
QTY <u>WL</u> <u>HE</u>	<u>Skinny BangBang Shrimp</u> Shrimp covered in a spicy hot sauce on a bed of brown rice and served with broccoli. <i>w/l cal 217.9 fat 1.9g sodium 555.2mg carbs 19.3g protein 29.2g fiber 3.4g</i>
QTY <u>WL</u> <u>HE</u>	<u>Layered Sausage Scrambler</u> This dish is layered with all your breakfast favorites, hash browns, egg beaters, turkey sausage and cheese. <i>Cal 277.5 Fat 8.8g Sodium 612mg Carbs 23.5g Fiber 2g Protein 25.8g</i>

QTY	Chocolate, Vanilla, Cheesecake, Butterscotch Protein 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
QTY	<u>FARMER'S CASSEROLE</u> 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 Toss Salad \$2.50

Orders are due Friday May 25th by noon!

CIRCLE A MEAL PLAN
WEIGHT LOSS \$4.75 EACH
HEALTHY EATING \$5.25 EACH
PICK UP Wednesday May 30th
(12:00pm-6:00pm)

Client Information

NAME _____

MEALS _____

PHONENUMBER _____