



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**

|                         |           |  |
|-------------------------|-----------|--|
| <b>QTY</b><br><b>WL</b> | <b>HE</b> | <b><u>CITRUS CHICKEN</u></b><br>This flavorful baked chicken is served with Quinoa and vegetable medley.<br><i>w/l Cal 286 Fat 7g Sodium 380 mg Carbs 24g Sugars 1g fiber 2g protein 25.8 g</i>  |
| <b>QTY</b><br><b>WL</b> | <b>HE</b> | <b><u>CHA CHA CHICKEN SALAD</u></b><br>Made with pineapple, cranberries and topped with toasted almonds. Served with a side of Pasta salad<br><i>w/l cal 303.9 fat 11.8g sodium 427.7mg carbs 16.9g sugar 11.3g fiber 1.7g protein 30.8g</i>                           |
| <b>QTY</b><br><b>WL</b> | <b>HE</b> | <b><u>SOUTHWEST BEEF SKILLET</u></b><br>This southwest seasoned dish has lean ground beef , onions, zucchini, tomatoes, and bean served with a side of brown rice .<br><i>w/l Cal 284.7 Fat 9.7g Sod.827mg Carbs 30.2g Prot 22g</i>                                    |
| <b>QTY</b><br><b>WL</b> | <b>HE</b> | <b><u>COBB SALAD WITH DELI TURKEY</u></b><br>Deli-style turkey, hardboiled eggs, tomatoes, bleu cheese crumbles, over mixed greens with a lite vinaigrette<br><i>Cal 263.5, Fat 4.2g, Sodium 1104g, Carbs 19.1g, Fiber 4.3, Sugar 12.6g, Protein 26.4g</i>             |
| <b>QTY</b><br><b>WL</b> | <b>HE</b> | <b><u>MEXICAN SALMON (upcharge \$1)</u></b><br>Salmon steaks are marinated in a tangy lime juice mixture and served with lettuce, tomatoes, green onions, black beans, and lime slices.<br><i>w/l Cal.295.1 Fat 8g Sodium 71.4mg Carbs 25.0g Fiber 8.4g Prot 30.8g</i> |
| <b>QTY</b><br><b>WL</b> | <b>HE</b> | <b><u>OATMEAL AND BANANA PANCAKES</u></b><br>New twist on an old favorite served with turkey sausage and fruit garnish<br><i>w/l cal 191.2, fat 5.4g, carbs 23.76g sodium 353.7mg, fiber 5g, protein 24g,</i>  |

|            |  |
|------------|--|
| <b>QTY</b> | <b>Chocolate, Vanilla, Cheesecake, or Butterscotch Protein Pudding \$1.50 each</b><br>Cal 160, carbs13.8g, protein 20g, fat 2.6g, fiber 1.45g                              |
| <b>QTY</b> | <b>PEANUT BUTTER PROTEIN BAR \$1.50 each</b><br>Cal 197, carbs13.7g, protein 21g, fat 7.2g, fiber 1.6g   |
| <b>QTY</b> | <b>Vegetable Lasagna \$4.75/\$5.25</b><br>w/l 305.7, fat 12.9 g, sodium 752.6 mg<br>carbs 39.3 g, fiber 3.9 g, sugar 7.2 g, protein 21.3 g                                 |
| <b>QTY</b> | <b>Cranberry Chicken Salad \$4.75/\$5.25</b><br>w/l cal.321,carbs27.2g,fat13.6g<br>fiber4.8g, protein 34.3g<br>sodium 683.2mg  |
| <b>QTY</b> | <b>FARMER'S CASSEROLE \$4.75/5.25</b><br>Shredded Hash browns, Jack Cheese Diced Ham along with Egg beaters<br>Cal 208 Fat 12g Sodium 610mg Carbs 23g Fiber 2g Protein 21g |
| <b>QTY</b> | <b>Mixed Green Tossed Salad \$2.50</b>   |

Orders are due Friday March 16th by Noon!

**CIRCLE A MEAL PLAN**  
**WEIGHT LOSS \$4.75/ HEALTHY EATING \$5.25**  
**CASH/CHECK/MASTERCARD/VISA/AMERICAN EXPRESS**

**Pick up Tuesday March 20th**  
**12pm-6pm**

**Client Information**

**NAME** \_\_\_\_\_

**#MEALS** \_\_\_\_\_

**PHONENUMBER** \_\_\_\_\_