



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> <b>WL</b> _____ <b>HE</b> _____	<p align="center"><b><u>WHITE CHICKEN CHILI</u></b></p> <p>All white meat Chicken with Navy Beans, Northern Beans and Corn  <i>w/l cal 256 fat 8g sodium 996mg carbs 31.9g sugar 7.9g protein 31.2g</i></p>
<b>QTY</b> <b>WL</b> _____ <b>HE</b> _____	<p align="center"><b><u>CHICKEN &amp; CRANBERRY MIXED GREEN SALAD</u></b></p> <p>Dried cranberries, Chicken, Blue Cheese &amp; Walnuts over Mixed Greens.        Served with a side of lite Raspberry Vinaigrette.  <i>w/l cal 242 fat 8 g sodium 225mg carbs 13 g fiber 3g protein 30g</i></p>
<b>QTY</b> <b>WL</b> _____ <b>HE</b> _____	<p align="center"><b><u>BEEF ENCHILADA</u></b></p> <p>This Mexican dish is full of flavor. A tortilla stuffed full of lean ground beef,        fat free cheese with a side of salsa sour cream        cal.304.6 Fat 18.6g Sod.987.6mg Carbs 17.6g Fiber7.3g Sugar1.5g Prot23.9</p>
<b>QTY</b> <b>WL</b> _____ <b>HE</b> _____	<p align="center"><b><u>PISTACHIO LIME BAKED SALMON</u></b></p> <p>Flaky Atlantic Salmon with a pistachio dill crusting. Served with Quinoa and        mixed vegetables.        Upcharge for Salmon - \$1  <i>w/l cal 310.8 , fat 13.7g, sodium 520mg, protein 26.4g, carbs 20.02g, fiber 2.2g</i></p>
<b>QTY</b> <b>WL</b> _____ <b>HE</b> _____	<p align="center"><b><u>HOT TURKEY &amp; VEGGIE WRAP</u></b></p> <p>Ground turkey, Cabbage and Corn mixed together with BBQ Sauce and        stuffed in a Whole Wheat Wrap  <i>w/l cal 253 fat 6g sodium 534mg carbs 23g protein 29g</i></p>
<b>QTY</b> <b>WL</b> _____ <b>HE</b> _____	<p align="center"><b><u>*BREAKFAST BURRITO CASSEROLE*</u></b></p> <p>A Mexican twist on a breakfast favorite! Shredded Hash browns, eggs, sharp        cheddar cheese, onions and peppers topped with a green chili sauce and        tortilla chips for a yum crunch!        Cal 348, Fat 18.9g Sodium 836mg Carbs 16.1g Fiber 1.6g Protein 28g</p>

<b>QTY</b>	<b>Chocolate, Vanilla, Cheesecake, Butterscotch</b> <b>\$1.50 each</b> Cal 160, carbs13.8g, protein 20g, fat 2.6g, fiber 1.45g		
<b>QTY</b>	<b>Peanut Butter Protein Bar</b> <b>\$1.50 each</b> Cal 197, carbs13.7g, protein 21g, fat 7.2g, fiber 1.6g		
<b>QTY</b>	<b>Cranberry Chicken Salad \$4.75/\$5.25</b> w/l cal.321,carbs27.2g,fat13.6g fiber4.8g, protein 34.3g		
<b>QTY</b>	<b>Mexican Vegetable Lasagna \$4.75/\$5.25</b> w//l cal 330 , fat 8 g, sodium 630mg carbs 51 g, fiber 11 g, protein 21 g		
<b>QTY</b>	<b>Breakfast Scrambler \$4.75/\$5.25</b> w/l Cal 283 Fat 12.8g Sodium 940.5mg Carbs 17.1g fiber 8.7g sugar2.3g Prot 28.5 <table border="0" style="float: right; margin-left: 10px;"> <tr> <td style="border-left: 1px solid black; padding-left: 5px;">Turkey Sausage</td> </tr> <tr> <td style="border-left: 1px solid black; padding-left: 5px;">Turkey Bacon</td> </tr> </table>	Turkey Sausage	Turkey Bacon
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<b>QTY</b>	<b>Mixed Green Toss Salad \$2.50</b>		

**Orders are due by November 23<sup>rd</sup>  
By Noon!**

### Client Information

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

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

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

**CIRCLE A MEAL PLAN**  
**WEIGHT LOSS \$4.75 EACH**  
**HEALTHY EATING \$5.25 EACH**

**PICK UP TUESDAY November 27<sup>th</sup> 2018**  
**(12:00pm-6:00pm)**