



12 8th Street S.E. Hickory, N.C. 28602

Order by **Fax** (828)327-7506 **Phone** (828)327-7505
Online www.livingleanmeals.com

QTY <u>WL</u> <u>HE</u>	<u>BALSAMIC CHICKEN WITH BABY SPINACH</u> Garlic, spinach and tomatoes along with balsamic vinegar give this chicken a unique flavor served with potatoes <i>w/l cal 267 fat 3.7g sodium 187.8mg carbs 26.8g sugar 3.0g protein 31.1g</i>
QTY <u>WL</u> <u>HE</u>	<u>CAJUN CHICKEN CAESAR WRAP</u> Whole wheat wrap filled with Cajun seasoned chicken, romaine lettuce, lite Caesar dressing and pasta salad. <i>w/l cal 308.6 fat 12.3g sodium 615.7mg carbs 28.9g fiber 11.6g protein 29.3g</i>
QTY <u>WL</u> <u>HE</u>	<u>GINGER BEEF AND GREEN BEAN STIRFRY</u> Fresh green beans and bell peppers combine with chili garlic and hoisin sauces. <i>w/l cal 340 fat 12g sodium 324mg carbs 31g fiber 6.2g protein 21g</i>
QTY <u>WL</u> <u>HE</u>	<u>BBQ TURKEY BURGER</u> Served on English muffin with lettuce and tomato and served With a side of broccoli. <i>w/l cal 310 fat 3.5g carbs 45g sugar 8.3g fiber 12g protein 37g</i>
QTY <u>WL</u> <u>HE</u>	<u>ASIAN SALMON CHOPPED SALAD - \$1 upcharge</u> Sesame Ginger marinated Salmon on top of an assortment of cabbages and carrots, topped with wonton noodles and toasted Almonds. <i>w/l cal 321.3 fat 19.2g sodium 379.3mg carbs 13g protein 25.5g sugar 6g</i>
QTY <u>WL</u> <u>HE</u>	<u>EGG WHITE AND TURKEY SCRAMBLE</u> Egg whites scrambled with spinach, tomato, and turkey sausage. Cal 228 Fat 12g Sodium 240mg Carbs 4g Fiber 2g Protein 31g

EXTRA'S

QTY	Chocolate ,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	Cranberry Chicken Salad \$4.75/\$5.25 w/l cal.321, carbs 27.2g, fat 13.6g fiber 4.8g, protein 34.3g
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	Baked Bacon Omelet \$4.75/\$5.25 w/l cal 266.4, fat 11g, carbs 28.8g sodium 707mg, fiber 3.7g, protein 18g, sugar .3g
QTY	Mixed Green Toss Salad \$2.50

Orders are due Friday November 24th 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 28th*******

(12:00pm-6:00pm)