



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

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

*** New Item!**

EXTRA'S

QTY <u>WL</u> <u>HE</u>	Chocolate ,Vanilla, Cheesecake, Butterscotch Pudding \$1.50 each Cal 160, carbs13.8g, protein 20g, fat 2.6g, fiber 1.45g
QTY <u>WL</u> <u>HE</u>	Peanut Butter Protein Bar \$1.50 each Cal 197, carbs13.7g, protein 21g, fat 7.2g, fiber 1.6g
QTY <u>WL</u> <u>HE</u>	Cranberry Chicken Salad \$4.75/\$5.25 w/l cal.321,carbs27.2g,fat13.6g fiber4.8g, protein 34.3g
QTY <u>WL</u> <u>HE</u>	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 <u>WL</u> <u>HE</u>	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 <u>WL</u> <u>HE</u>	Mixed Green Toss Salad \$2.50

Orders are due Friday Aug 17th by Noon.

Client Information

NAME _____

MEALS _____

PHONENUMBER _____

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 28.9 g 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 fiber6.2g 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 fat3.5g 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 suagar6g</i>
QTY <u>WL</u> <u>HE</u>	<u>LOADED CAULIFLOWER BREAKFAST BAKE</u> Your favorite casserole without the carbs! This casserole has cauliflower, egg beaters, turkey sausage, and green onions all in one fluffy piece. <i>Cal 295 Fat 15.2g Sodium 975mg Carbs 8g Fiber 2g Protein 31.9g</i>

CIRCLE A MEAL PLAN

WEIGHT LOSS \$4.75 EACH
HEALTHY EATING \$5.25 EACH

*******PICK UP Tuesday Aug 21st******
(12:00pm-6:00pm)