



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> <u>WL</u> <u>HE</u>	<b><u>ITALIAN GARLIC CHICKEN</u></b> Marinated Chicken served with Quinoa and Green Beans <i>w/l cal 363 fat 6.5g sodium 389mg carbs 50g sugar 2.7g protein 29.3g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>MEXICAN CHICKEN BREAST</u></b> Taco Seasoned Chicken breast , served with Grilled Onions and Peppers ,Black Beans and reduced –fat Sour Cream <i>w/l cal 309.5 fat 5.7g sodium 480mg carbs 33.7g fiber 6g protein 34.8g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>VEGETABLE BEEF SOUP</u></b> Lean ground beef with corn, green beans, green peas, carrots, and tomatoes. <i>w/l cal 271 fat 9.5g sodium 265mg carbs 19g sugar 3.9g protein 26g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>Peach Glazed PORKLOIN</u></b> Sliced Pork Loin served with Sweet Potato and Green Beans <i>w/l cal 304 fat 5.7g sodium 300mg carbs 39g sugar 8.3g fiber 4.9g protein 22.5g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>TURKEY MEATLOAF</u></b> This meatloaf is full of vegetables that give it a classic flavor topped with a saucy glaze and served with a green pea medley. <i>w/l cal 296.4 fat 6.9g sodium 185mg carbs 41.8g fiber 8.7g protein 20.3g sugar 9.2g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>SAUSAGE, EGG AND CHEESE SANDWICH</u></b> Whole wheat English muffin stuffed with egg beaters , turkey sausage and fat free cheese Cal 238.8 Fat 6.3g Sodium 900mg Carbs 16.5g Fiber 1.9g Protein 27.6g

<b>QTY</b>	<b>Chocolate, Vanilla, Cheesecake Protein Pudding</b> <b>\$1.50 each</b> Cal 160, carbs 13.8g, protein 20g, fat 2.6g, fiber 1.45g
<b>QTY</b>	<b>Peanut Butter Protein Bar</b> <b>\$1.50 each</b> Cal 197, carbs 13.7g, protein 21g, fat 7.2g, fiber 1.6g
<b>QTY</b>	<b>Spinach and Black Bean Enchiladas</b> <b>\$4.75/\$5.25</b> 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
<b>QTY</b>	<b>Cranberry Chicken Salad</b> <b>\$4.75/\$5.25</b> w/l cal.321, carbs 27.2g, fat 13.6g fiber 4.8g, protein 34.3g
<b>QTY</b>	<b>Baked Bacon Omelet</b> <b>\$4.75/\$5.25</b> w/l cal 266.4, fat 11g, carbs 28.8g sodium 707mg, fiber 3.7g, protein 18g, sugar .3g
<b>QTY</b>	<b>Mixed Green Toss Salad</b> <b>\$2.50</b>

**CIRCLE A MEAL PLAN**

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

**PICK UP Tuesday February 26<sup>th</sup>**  
**(12:00pm-6:00pm)**

**Orders are due Friday February 22<sup>nd</sup> by Noon!**

**Client Information**

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

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

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