



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>CHICKEN W/OLIVE & RAISIN TAPENADE</u> Olives and raisins have been shown to improve heart health! Served over chicken with a side of brown rice and green beans. w/l cal 296 fat 6g sodium 315 carbs 35 fiber 4g sugar 7g protein 22g
QTY <u>WL</u> <u>HE</u>	<u>CHIPOTLE CHICKEN</u> This chicken has our new dry rub with a spicy kick! Served with broccoli and a side of southwestern rice and beans. w/l cal 304 fat 7g sod 168mg carbs 27g fiber 8g sugar 2g protein 34g
QTY <u>WL</u> <u>HE</u>	<u>CAESAR SALAD BURGERS</u> Our baked "kicked up" burgers have Caesar dressing in them. Served with romaine, reduced fat parmesan cheese and a whole wheat pita. w/l cal 334 fat 15g sodium 791mg carbs 23g sugars 2g fiber 3g protein 29
QTY <u>WL</u> <u>HE</u>	<u>TURKEY AND SPINACH WRAP</u> Deli style turkey rolled into a whole wheat wrap with spinach, red onions, and herb cream cheese served with a side of balsamic dressing. w/l Cal 256 Fat 8g Sod.996mg Carbs 25.58g Fiber 10.2g Prot 29.4g Sugars5.7g
QTY <u>WL</u> <u>HE</u>	<u>SWEET SOY SHRIMP & SNOW PEAS W/ HAWIIAN LINGUINE</u> Shrimp marinated in soy sauce, maple syrup and mustard then tossed with snow peas. Served with a side of whole wheat "HAWIIN" pasta. w/l cal 320 fat 3g sodium 695 mg carbs 50g fiber 6gsugar 22g protein 25g
QTY <u>WL</u> <u>HE</u>	<u>SPINACH & SAUSAGE BREAKFAST CASSEROLE</u> Turkey sausage, onions, roasted red peppers and spinach combined with skim milk, eggs, low fat cheese and spices make this yummy casserole. w/l cal 292 fat 12 sodium 503 mg carbs 36g fiber 4g sugar 9g protein 21g

WEIGHT LOSS (\$75.00 FOR 20 MEALS or \$4.25 EACH MEAL)
HEALTHY EATING (\$85.00 FOR 20 MEALS or \$4.75 EACH MEAL)

Pick up Monday, March 8, 2010 (12:00pm-6:00pm)

EXTRA'S

QTY	Chocolate, Vanilla, Banana, or Butterscotch Protein Pudding \$1.50 each Cal 160, carbs13.8g, protein 20g, fat 2.6g, fiber 1.45g	
QTY	PEANUT BUTTER OR CHOCOLATE PROTEIN BAR \$1.50 each Cal 197, carbs13.7g, protein 21g, fat 7.2g, fiber 1.6g	
W H	Turkey Burger with Rice and Broccoli \$4.25 w/l cal 314, fat 10g, carbs 22g, fiber 1.8g, prot. 28.3g	
QTY W H	Vegetable Lasagna \$4.25/\$4.75 w/l 305.7, fat 12.9 g, sodium 752.6 mg carbs 39.3 g, fiber 3.9 g, sugar 7.2 g, protein 21.3 g	
QTY W H	Chicken Salad \$4.25/\$4.75 w/l cal.321,carbs27.2g,fat13.6g fiber4.8g, protein 34.3g sodium 683.2mg	Cranberry Regular Almond
QTY W H	Whole Wheat Pancakes \$4.25/\$4.75 w/l cal 191.2, fat 6.3g, carbs 25.7g sodium 353.7mg, fiber 3.7g, protein 9.8g, sugar .3g	Turkey Sausage Turkey Bacon
QTY W H	Breakfast Scrambler \$4.25/\$4.75 w/l Cal 283 fat 12.8g sodium 940.5mg carbs 17.1g fiber 8.7g sugar 2.3g protein 28.5g	Turkey Sausage Turkey Bacon Ham
QTY	Fruit Cup \$1.50	
QTY	Blueberry Cheesecake \$1.50	

NAME _____

#MEALS _____

PHONE NUMBER _____

AMT.PAID _____