



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>CHICKEN ENCHILADA</u></b> This Mexican dish is full of flavor. A tortilla stuffed full of all white meat chicken, fat free cheese with a side of salsa sour cream. w/l cal.292.7 Fat 7.8g Sod.987.6mg Carbs 28.7g Fiber4.7g Sugar 1.6g Prot 27.9g
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>HAWAIIAN CHICKEN SALAD</u></b> Sweet and spicy marinated chicken. Served over fresh spinach with pineapple, green pepper and a sprinkle of toasted coconut and almonds with a side of lite raspberry vinaigrette. w/l cal 253 fat 6g sod 375mg carbs 27g fiber 4g protein 23 g
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>CHEESEBURGER QUESADILLA</u></b> This hearty stuffed tortilla is filled with Lean ground beef, onion, low fat cheese and pickles. w/l cal 236, fat 13.8g, sodium 665mg, carbs 19g, fiber 11g sugar 3g,protein 30.9g
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>BAKED TURKEY SPAGHETTI</u></b> Homemade spaghetti sauce with lean ground turkey over whole wheat noodles and baked with fat free cheese. Served with a side of broccoli. w/l Cal 309 fat 6 g Sodium 680mg Carbs 45g fiber 9g protein 23g
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>ORANGE GLAZED SALMON</u></b> Pan seared seasoned Salmon finished off with an Orange Glaze. Upcharge for Salmon: \$1 w/l cal.298.3,carbs 28.8g,fat 9.2g, fiber 4.6g, protein 29.1g, sodium 344.1mg
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>HAM&amp;TOMATO PIE</u></b> Crust less breakfast pie made with lean ham and fresh tomatoes. w/l Cal 243.5 Fat 10.1g Sodium 1140mg Carbs 6g Fiber .3g Protein 21.6g

<b>QTY</b>	<b>Chocolate, Vanilla, Cheesecake, or 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> <b>Cal 197, carbs13.7g, protein 21g, fat 7.2g, fiber 1.6g</b>
<b>QTY</b>	<b>Vegetable Lasagna \$4.75/\$5.25</b> 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
<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>Baked Bacon Omelet \$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 \$2.50</b>

**Orders due Friday January 19<sup>th</sup> by Noon!**

**CIRCLE A MEAL PLAN**

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

**PICK UP Tuesday January 23rd**  
**(12:00pm-6:00pm)**

**Client Information**

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

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

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