



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>ALMOND BAKED CHICKEN</u></b> Chicken Breast Coated with Chopped Almonds for a crunchy Topping . Served with Brown Rice and Green Beans <i>w/l cal 321 fat 13.6g sodium 583.2mg carbs 27.2g fiber 4.8g protein 34.3g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>BBQ CHICKEN QUESADILLA</u></b> Whole Wheat Tortilla filled with Chunks of Chicken, low fat mozzarella cheese and thin slices of onion <i>w/l cal 294 fat 7.6g sodium 287.2mg carbs 23.6g fiber 6.4g protein 31.6g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>STUFFED GREEN PEPPERS</u></b> Lean ground beef ,Tomatoes and Italian herbs stuffed in a Green Pepper. Served with a side of Corn. <i>w/l cal 301 fat 15.3t g sodium 224.2 mg carbs 24.4 g fiber 3.7 g protein 19.4 g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>TEMPTING TURKEY WRAP</u></b> Whole Wheat Tortilla filled with thinly sliced Turkey, low fat garlic and herb Spread Fresh Spinach and Red onion with a lite Balsamic Vinaigrette <i>w/l cal 256 fat 8g sodium 996mg carbs 25.5g sugar 5.6g protein 29.4g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>SWEET SOY SHRIMP</u></b> Shrimp marinated in soy sauce, maple syrup and mustard then tossed with snow peas. Served with a side of whole wheat "Hawaiian Rice" <i>cal 320 fat 3g sod 695mg carbs 50g fiber 6g sugar 22g protein 25g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>SPINACH TOMATO FETA QUICHE</u></b> Crustless quiche filled with Spinach, tomatoes and feta served with a side of Turkey Sausage Call 211 Fat 12g Sodium 505mg Carbs 11g Fiber 3g Protein 18g

<b>QTY</b>	<b>Chocolate, Vanilla, Cheesecake or Butterscotch Protein Pudding \$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 \$1.50 each</b> Cal 197, carbs 13.7g, protein 21g, fat 7.2g, fiber 1.6g
<b>QTY</b>	<b>Mexican Vegetable Lasagna \$4.75/\$5.25</b> w/l cal 330 , fat 8 g, sodium 630mg carbs 51 g, fiber 11 g, protein 21 g
<b>QTY</b>	<b>Cranberry Chicken Salad \$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>Breakfast Scrambler \$4.75/\$5.25</b> w/l Cal 283 Fat 12.8g Sodium 940.5mg   Turkey Sausage Carbs 17.1g fiber 8.7g sugar 2.3g Prot 28.5   Turkey Bacon
<b>QTY</b>	<b>Mixed Green Toss Salad \$2.50</b>

**Orders are due by Friday July 21st by Noon.**

**CIRCLE A MEAL PLAN**  
**WEIGHT LOSS \$4.75 EACH**  
**HEALTHY EATING \$5.25 EACH**  
**PICK UP TUESDAY July 25th**  
**(12:00pm-6:00pm)**

### Client Information

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

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

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