

Testimonials

Living Lean Meals Help Diabetic Client

"Being newly diagnosed as a Type II Diabetic, I have a host of new challenges facing me, not the least of which is changing to a healthy diet. Using the "Living Lean Meals" over the past several weeks I have been able to lower my average daily blood sugar levels by more than 10 points. The meals are not only well prepared, tasty and inexpensive, but offer me a diet variation without having to wonder what may happen with my blood sugar levels. I am more than pleased to have found an answer to one of the challenges diabetics face daily."

Ben McCutchan, Hickory, NC

Personal Trainer Comments On Living Lean Meals

"Being a fitness trainer, one of the toughest challenges I have is getting my clients to eat healthy. Living Lean's pre-packaged meals have made that part of my job much easier. It's hard to make excuses when someone is cooking it for you. The meals are the correct portion size, affordable, convenient, healthy, and yes, they taste good! I do eat the meals and I highly recommend them for all my clients, and their families. It is not a quick fix diet; it is a healthy meal plan which all of us can benefit from."

Gloria Trull, Certified Fitness Trainer, Hickory, NC



Living Lean Meals To Go

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Convenient, Fresh, Healthy Meals To Go!

About Our Food

The fitness trainers that we have spoken with recommend eating three well balanced meals and three snack meals a day instead of three big meals a day. Therefore, we have prepared a menu of six different meal choices including snacks each week. They will consist of lean proteins with good sources of complex carbohydrates along with either fruits or vegetables. We will keep the menus simple, yet creative. This will provide a choice of three meals to be eaten about every three hours and three healthy snacks.

We Offer Two Portion Options:

Weight Loss Option

Consisting of 2-4 oz protein, $\frac{1}{3}$ - $\frac{1}{2}$ cup complex carbohydrate and 1 cup vegetable - with 250-300 calories.

Healthy Eating Option

Consisting of 5-6 oz protein, $\frac{1}{3}$ - $\frac{1}{2}$ cup complex carbohydrate and 1 cup vegetable - with between 350-400 calories.

Each week, we will change the 6 menu items

giving you plenty of variety. Orders will be placed no later than Friday at 11:00 am. Your food will be prepared fresh and available for pick up on Tuesday by 12:00 noon.

(See Sample Meals)

Sample Menus

Beef Meatloaf

Lean ground beef with lots of fresh herbs and chopped vegetables, served with brown rice and green beans.

Cajun Chicken Pasta

This Cajun spiced chicken is served over whole wheat penne pasta and a low fat alfredo sauce. Served with steamed fresh zucchini.

Spicy Tilapia With Pineapple Pepper Relish

This mild fish is baked with a spicy rub and served with a pineapple relish, brown rice and fresh zucchini.

Chicken Caesar Wrap

Tastes just like a chicken Caesar salad wrapped in a low carb wrap. Served with a lite Caesar dressing.

Breakfast

Crustless Vegetable Quiche

Whole Wheat Pancakes

Sausage Egg Scramble

Snacks

Chocolate Protein Pudding

Peanut Butter Protein Bar

Cinnamon Raisin Muffins

Basic Guidelines To Eating A Healthy Diet

1. Eat frequent mini meals every 3-4 hours.
2. Eat a variety of foods.
3. Combine lean protein with complex carbs and vegetables at every meal with the exception of the last meal of the day (protein only).
4. Avoid foods with high sugar contents.
5. Drink plenty of water.
6. Limit sodium to no more than 2400 mg a day.
7. If you drink alcohol, do so in moderation.

Prices & Services

Weight Loss \$4.75 Each

Healthy Eating \$5.25 Each

Delivery available with orders of 50 meals or more in the Hickory area, and 100 meals or more in surrounding areas.