



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

QTY WL _____ HE _____	Chocolate, Butterscotch, Cheesecake Protein Pudding \$1.50 each Cal 160, carbs13.8g, protein 20g, fat 2.6g, fiber 1.45g
QTY WL _____ HE _____	Peanut Butter Protein Bar \$1.50 each Cal 197, carbs13.7g, protein 21g, fat 7.2g, fiber 1.6g
QTY WL _____ HE _____	Sweet Potato & Chickpea Buddha Bowl \$5.75 Quinoa topped with roasted sweet potatoes, peppers and chickpeas, served with a delicious tangy mojo sauce. Cal. 408 Carbs: 54g Protein 9g fat 17g Sodium 369mg Sugar 7g Add Diced Chicken \$1.50
QTY WL _____ HE _____	Cranberry Chicken Salad \$4.75/\$5.25 w/1 cal.321,carbs27.2g,fat13.6g fiber4.8g, protein 34.3g
QTY WL _____ HE _____	Baked Bacon Omelet \$4.75/\$5.25 w//1 cal 266.4, fat 11g, carbs 28.8g sodium 707mg, fiber 3.7g, protein 18g, sugar .3g
QTY WL _____ HE _____	Mixed Green Toss Salad \$2.50

Orders are due Friday October 30th by Noon.

Client Information

NAME _____
 # MEALS _____
 PHONENUMBER _____

CIRCLE A MEAL PLAN
 WEIGHT LOSS \$4.75 EACH
 HEALTHY EATING \$5.25 EACH

PICK UP Tuesday November 3rd (12:00pm-6:00pm)

QTY WL _____ HE _____	Cheesy Broccoli Stuffed Chicken Tender chicken breasts stuffed with broccoli, parmesan, cheddar, and cream cheese served with quinoa. w/l Cal 323 Fat 12.4 g Sodium 199.8mg Carbs 19.7g, Sugar 1.1g, Fiber 3.1g Protein 33.3g
QTY WL _____ HE _____	Greek Chicken Wrap Whole Wheat Wrap filled with Greek Seasoned Chicken, Black Olives , Feta Red onions and Spinach. Served with a side of Greek Dressing w/l cal 308 fat 12g sodium 380mg carbs 24g fiber 12g protein 29g
QTY WL _____ HE _____	Blackened Tilapia This tasty fish is blackened and served with a side of broccoli and brown rice. w/l Cal.283.8 Fat 2.8g Sod.191.6mg Carbs 34.1g Fiber6.9g Prot 32.6g
QTY WL _____ HE _____	Caesar Burger A souped up Burger topped with Romaine and Fat Free Parmesan Cheese served with a whole wheat English muffin. w/l cal 334 fat15g sodium 791mg carbs 23g sugar 3g fiber 4.9g protein 29g
QTY WL _____ HE _____	Asian Turkey Meatballs These Asian inspired meatballs are made with ground turkey and served over zucchini noodles with a sesame-lime sauce. w/l cal 320 fat 15.2g sodium 878mg carbs 11.2g fiber 3.1g protein 31.5g
QTY WL _____ HE _____	Herb Potato Egg Scrambler Egg Beaters, red potatoes, roasted red Peppers and Basil scrambled together and topped with parmesan cheese and served with Turkey Sausage Cal 210.8 Fat 9g Sodium 529.5mg Carbs 16.5g Fiber 2g Protein 19.4gg