



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> Mexican tortilla stuffed with flavor full white meat chicken and fat free cheese served with a side of salsa sour cream. <i>w/l cal 293 fat 8g sodium 987mg carbs 29g sugar 2g fiber 5g protein 28g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>CREAMY TURKEY &amp; NOODLE SPINACH PIE</u></b> A healthy new twist on turkey tetrazzini. Whole wheat pasta, lean ground turkey with fat free cream cheese, spinach, basil and pimento. <i>w/l cal 249 fat 11g sodium 340mg carbs 14g sugar g fiber 2g protein 23g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>STUFFED GREEN PEPPERS</u></b> Lean ground beef chocked full of vegetables and seasoning stuffed in a green pepper and served with a side of yellow corn. <i>w/l cal 301 fat 15g sod 224mg carbs 24g sugar g fiber 4g protein 19g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>ASIAN CHICKEN SALAD</u></b> Mixed salad greens served with roasted chicken, mandarin oranges and toasted almonds served with an Asian vinaigrette. <i>w/l cal 278 fat 9g sodium 502mg carbs 15g sugar 5g fiber 2g protein 32g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>SPICY TILAPIA &amp; PINEAPPLE PEPPER RELISH</u></b> This mild fish is baked with a spicy rub and served with pineapple pepper relish, brown rice and fresh zucchini. <i>w/l cal 298 fat 2g sodium 399mg carbs 43g sugar 12g fiber 6g protein 27g</i>
<b>QTY</b> <u>WL</u> <u>HE</u>	<b><u>SAUSAGE SCRAMBLER WRAP</u></b> This wrap is stuffed full of egg beaters, onions, peppers, fat free cheddar cheese and turkey sausage. Served with a fruit garnish. <i>w/l cal 283 fat 13g carbs 17g sodium 940mg sugar 2mg fiber 9g protein 29g</i>

<b>QTY</b>	<b>Chocolate, Vanilla, Banana, Cheesecake or Butterscotch Protein Pudding \$1.50 each</b> Cal 160, carbs13.8g, protein 20g, fat 2.6g, fiber 1.45g	
<b>QTY</b>	<b>Peanut Butter Protein Bar \$1.50 each</b> Cal 197, carbs13.7g, protein 21g, fat 7.2g, fiber 1.6g	
<b>QTY</b>	<b>Turkey Burger with Rice and Broccoli \$4.25 w/l cal 314, fat 10g, carbs 22g, fiber 1.8g, prot. 28.3g</b>	
<b>QTY</b>	<b>Vegetable Lasagna \$4.25/\$4.75</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>Chicken Salad \$4.25/\$4.75</b> w/l cal.321,carbs27.2g,fat13.6g fiber4.8g, protein 34.3g sodium 683.2mg	Cranberry Regular Almond
<b>QTY</b>	<b>Whole Wheat Pancakes \$4.25/\$4.75</b> 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
<b>QTY</b>	<b>Breakfast Scrambler \$4.25/\$4.75</b> 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
<b>QTY</b>	<b>Fruit Cup</b>	<b>\$1.50</b>
<b>QTY</b>	<b>Blueberry Cheesecake Protein Pudding \$1.50</b>	

**CIRCLE A MEAL PLAN**

**WEIGHT LOSS \$4.25 EACH**  
**HEALTHY EATING \$4.75 EACH**

**PICK UP MONDAY, AUGUST 2ND**  
**(12:00pm-6:00pm)**

**Client Information**

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

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

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