



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 _____	<b><u>HERBED LEMON PEPPER CHICKEN</u></b> Baked chicken with a lemon pepper and herb glaze. Served with a side of green peas and snow peas. w/l cal 283 fat 7g sodium 164 mg carbs 22g fiber 7g protein 32g
QTY WL _____ HE _____	<b><u>BEFF STROGANOFF</u></b> Ground beef served with whole wheat pasta, mushrooms, onions and mixed in a light stroganoff sauce. w/l Cal 302.9 Fat 14g Sodium 399.7 mg Carbs 24.4g Fiber 4.4g Sugars 3.9g Protein 20.4g
QTY WL _____ HE _____	<b><u>SLICED CHICKEN, SPINACH AND APPLE PITA</u></b> Marinated chicken served with fresh spinach and sliced apples. Served with a side of lite herbed cream cheese and a whole wheat pita. w/l cal 216 fat 6g sodium 293mg carbs 24g fiber 3g sugar g protein 18g
QTY WL _____ HE _____	<b><u>TURKEY RAGOUT</u></b> This hearty stew is full of mushrooms, zucchini, tomatoes & ground turkey. w/l Cal 324 Fat 7g Sod 594mg Carbs 30g Fiber 3g Prot 42g Sugars 9g
QTY WL _____ HE _____	<b><u>BAJA FISH TACOS</u></b> Baked tilapia topped with cabbage, salsa, yogurt and lime juice in a whole wheat wrap. w/l cal 218 fat 2g sodium 354 mg carbs 17g fiber 9g protein 29g sugar 3g
QTY WL _____ HE _____	<b><u>FRUIT FILLED FRENCH TOAST WRAPS</u></b> WW wraps dipped in skim milk, egg whites, cinnamon and nutmeg. Stuffed with strawberries, blueberries, bananas and ff vanilla yogurt. Served with a side of granola and turkey sausage. w/l cal 278 fat 12g carbs 26g sodium 696mg fiber 4g protein 20 g sugar g

QTY	<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	
QTY	<b>Peanut Butter Protein Bar \$1.50 each</b> Cal 197, carbs 13.7g, protein 21g, fat 7.2g, fiber 1.6g	
QTY	<b>Turkey Burger with Rice and Broccoli \$4.25 w/l cal 314, fat 10g, carbs 22g, fiber 1.8g, prot. 28.3g</b>	
QTY	<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	
QTY	<b>Chicken Salad \$4.25/\$4.75</b> w/l cal.321, carbs 27.2g, fat 13.6g fiber 4.8g, protein 34.3g sodium 683.2mg	Cranberry Regular Almond
QTY	<b>Pumpkin Pancakes \$4.25/\$4.75</b> w/l cal 191.2, fat 6.3g, carbs 25.7g sodium 353.7g, fiber 3.7g, protein 9.8g, sugar .3g	Turkey Sausage Turkey Bacon
QTY	<b>Breakfast Scrambler Wrap \$4.25/\$4.75</b> w/l cal 283 fat 12.8g sodium 940.5mg carbs 17.1g sugar 2.3g fiber 8.7g protein 28.5g	
QTY	<b>Mixed Green Salad \$2.50</b> <b>Add a Chicken Breast \$2.25</b>	
QTY	<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, February 6th**  
**(12:00pm-6:00pm)**

**Client Information**

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

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

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