



Designer Meals

Delicious Home Cooked Ready to Eat Meals for People on the Go...

\$10.75 Per ALA-CARTE ENTRÉE and choice of Vegetable

******* TRY BEFORE YOU BUY... SINGLE MEALS ARE AVAILABLE(WHILES SUPPLIES LAST)*******

*******ONCE YOU TRY THEM YOU WILL LOVE THEM!*******

***** PRE-ORDERS ARE AVAILABLE (MIN ORDER OF 5 MEALS) *****

NAME: _____

NUMBER: _____

E-MAIL : _____

ENTREES

1.Low Fat Southern Pot Roast (6 oz serving) Stage 1

Calories: 290 Carbs:0 Fat: 12 grams Protein: 40 grams

Quantity: _____

2. Low Fat Spicy Chili (16 oz serving) Stage 2

Calories: 326 Carbs: 11 grams Fat: 4 grams Protein: 33 grams

Quantity: _____

3. Low Fat Chicken Marsala (6 oz serving) Stage 1

Calories: 160 Carbs: 1.6 grams Fat: 3.8 grams Protein: 40 gram

Quantity: _____

4. Low Fat Chicken Piccata (6 oz serving) Stage 1

Calories: 342 Carbs: 1 gram Fat: 18 grams Protein: 43 grams

Quantity: _____

5. Red Chili Braised Chicken (6 oz serving) Stage 2

Calories: 136 Carbs: 4 grams Fat: 10 grams Protein: 40 grams

Quantity: _____

6. Turkey Meatloaf (6 oz serving) Stage 1

Calories: 160 Carbs: 1.6 grams Fat: 3.8 grams Protein: 40 grams

Calories: 87 Carbs: 11 grams Fat: 3 grams Protein: 7 grams

Quantity: _____

7. Grilled Pork Chops (2 pork chops) Stage 1

Calories: 200 Carbs: 0 grams Fat: 10 grams Protein: 46 grams

Quantity: _____

8. Stuffed Peppers and Ground Turkey (1 Pepper) Stage 2

Calories: 300 Carbs: 20 grams Fat: 10.5 grams Protein: 31 grams

Quantity: _____

9. Garden Turkey Egg-white Frittata (6 oz serving) Stage 1

Calories: 100 Carbs: 4 grams Fat: 3 grams Protein: 14 grams

Quantity: _____

10. Chicken Fajitas (6 oz serving) Stage 2

Calories: 300 Carbs: 6 grams Fat: 4.8grams Protein: 46 grams

Quantity: _____

Vegetables Choices

Balsamic Green Beans with mushrooms (6oz) Stage 2

Calories : 78 Carbs :5.5 g Fat: 3.7 grams Protein: 3.8 grams

Garlic Mashed Cauliflower w/ Parmesan & Goat Cheese(6oz) Stage 2

Calories: 87 carbs: 11 grams Fat: 3 grams Protein: 7 grams

Oven Roasted Vegetables (summer squash, zucchini, asparagus, peppers) (6oz)

Stage 2

Calories: 90 carbs: 6.6 grams Fat: 7 grams Protein: 1.8 grams



Red Mesa Fried Greens (6oz) Stage 1

Calories: 122 carbs: 3 grams Fat: 10 grams Protein: 1.7 grams

Spinach & Garlic (6oz) Stage 1

Calories: 64 carbs: 7 grams Fat: .5 grams Protein: 5.5 grams

Roasted Brussel Sprouts (6oz) Stage 2

Calories: 108 carbs: 10 grams Fat 7 grams Protein: 3.8 grams

Sautéed Cabbage (6oz) Stage 1

Calories: 76 carbs: 7 grams Fat: 4 grams Protein: 2 grams

Stuffed Mushrooms (6oz) Stage 1

Calories: 132 carbs: 4 grams Fat: 13 grams Protein: 9.2 grams