

Designer Meals

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

\$9.75 Per Meal

****** 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 : _____

1. Low Fat Southern Pot Roast (6 oz serving) Stage 2

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

Balsamic Green Beans with Mushrooms (6 oz)

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

Quantity: _____

2. Low Fat Spicy Chili (16 oz serving) Stage 3

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

Quantity: _____

3. Low Fat Chicken Marsala (6 oz serving) Stage 2

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

Garlic Mashed Cauliflower w/ Parmesan & Goat Cheese

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

Quantity: _____

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

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

Spinach & Garlic

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

Quantity: _____

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

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

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

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

Quantity: _____

6. Turkey Meatloaf (6 oz serving) Stage 2

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

Garlic Mashed Cauliflower w/ Parmesan & Goat Cheese

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

Quantity: _____

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

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

Red Mesa Fried Greens (6 oz)

Calories: 122 Carbs: 3 grams Fat: 10 grams Protein: 1.7 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 2

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: _____