

# Mix Up Your Meal Plan

**SPECIAL**  
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**ORDER BY WEDNESDAY | PICK UP SUNDAY AT REMIX BETWEEN 8:15-10:30 AM**

## INDIVIDUAL ENTRÉES (Weight loss and Maintenance Meals)

*Our food is cooked and ready to heat and eat. Each dish has 6 oz. of lean protein and 1.5 cups of fresh veggies. Some entrée's are available with complex carbohydrates. ie: (2/3 cup of brown rice/quinoa mixture or roasted yams.) Heating instructions: Microwave for 2 minutes with the lid off.*

	Qty.	Carb	No Carb	Total
• Almond Chicken, Honey Mustard, 1 Cup Veggies <input type="checkbox"/> \$15.00		<input type="checkbox"/>	<input type="checkbox"/>	
• Lean Chicken Enchiladas, Served With 1 Cup Veggies <input type="checkbox"/> \$15.00		<input type="checkbox"/>	<input type="checkbox"/>	
• <b>New:</b> Skinny Tiki Masala, Cauliflour Rice, 1 Cup Veggies <input type="checkbox"/> \$15.00		<input type="checkbox"/>	<input type="checkbox"/>	
• Grilled Balsamic Steak With 1 Cup Veggies <input type="checkbox"/> \$15.00		<input type="checkbox"/>	<input type="checkbox"/>	
• Herbed Grilled Salmon Served With 1 Cup Veggies <input type="checkbox"/> \$15.00		<input type="checkbox"/>	<input type="checkbox"/>	
• Crab Cake Served With 1 Cup Veggies <input type="checkbox"/> \$15.00		<input type="checkbox"/>	<input type="checkbox"/>	
• Sriracha Chicken, Butternut Squash, 1 Cup Veggies <input type="checkbox"/> \$15.00		<input type="checkbox"/>	<input type="checkbox"/>	

## BULK & PACKAGED OPTIONS

• 1 Dozen Turkey Meatballs <input type="checkbox"/> 12/\$12.00			
• 1 Dozen Beef Meatballs with Marinara Sauce, Minimum Order of 1 Dozen <input type="checkbox"/> 12/\$12.00			
• 4 Turkey Burgers, Minimum Order of 4 <input type="checkbox"/> \$6.50 Ea			
• 4 Lean Chicken Enchiladas <input type="checkbox"/> \$19.99			
• Cheese Steak Stuffed Pepper or Vegetarian, Minimum Order of 4 <input type="checkbox"/> \$6.50 Ea			
• Bulk Lo-Fat Chicken Waldorf Salad, 1 Lb Per Order <input type="checkbox"/> \$14.00			
• 1 Lb. Srirachia Chicken, Serves 4 <input type="checkbox"/> \$14.00			

### Family Meals - Serves 4-5

• <b>New:</b> Skinny Tiki Masala, Cauliflower Rice, Starch <input type="checkbox"/> \$40.00			
• <b>New:</b> Classic Chicken Parmesan, Pasta and Veggies <input type="checkbox"/> \$40.00			

### Desserts / Breakfast

• 6 Egg Whites, Veggies and Lo-Fat Cheese Muffins <input type="checkbox"/> 6/\$18.00			
• 6 Energy Balls made with Oats, Honey, Seeds and Peanut Butter <input type="checkbox"/> 6/\$9.50			
• 6 Chocolate / Peanut Butter / Protein Truffles <input type="checkbox"/> 6/\$9.50			
• Muffins: Pumpkin / Almond Butter, Banana / Chocolate and Blueberry <input type="checkbox"/> 2/\$6.00			

**FOR MORE INFORMATION CONTACT:**



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