

Healthy BALANCE

MEALS

ENTREE MENU

Each entree comes in its own microvable container & stays fresh for 3-4 days in your fridge. Stocking up? Just freeze them!

**\$7.49 Each or
CHOOSE A PACKAGE DEAL
AND SAVE MONEY!**

**Best
Value**

3 meals
Price: \$21

5 meals
Price: \$35
save \$2

7 meals
Price: \$48
save \$4

10 meals
Price: \$70
save \$5

FAMILY STYLE

4-5 person size: \$26.99, 6-8 \$38.99

call us! 809-0316

Always in stock in our freezer!

Gohealthybalance.com

* Download our nutritional fact sheet to see exactly what you're eating

* Simply pop the lid, microwave for 4-5 minutes and enjoy

* SIGN UP for our weekly specials emails list via: www.gohealthybalance.com

**Always
in stock**

Freezable, Microvable Containers



**Just
heat
& eat**

Chicken Enchiladas



**Great
4 Home
or Work**

Lasagna w/Whole Wheat Pasta



Ready to order? Give us a call!

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Signature Items - \$7.49

Mesquite Grilled Chicken - Grilled chicken in a house made marinade. Served with veggies & brown rice or red potatoes.

Meatloaf Stack - Low fat, herb infused meatloaf with mashed red potatoes, gravy & vegetables.

Pulled BBQ Chicken - Slow cooked BBQ chicken with roasted potatoes & veggies.

Beefy Mac & Cheese - Whole wheat pasta combined with lean ground beef and a combination of low fat cheese and fresh diced tomatoes.

Chicken Pot Pie - We use lean white chicken and mixed vegetables in a light creamy sauce. Finished with a low fat biscuit topping and a side of veggies.

HHC Casserole - Heart Healthy Casserole with chicken, broccoli & rice in a cream sauce.

Turkey Cabbage Casserole - Brown rice with sauteed cabbage and lean ground turkey mixed with light Ukrainian spices.

Italian Entrees - \$7.49

Lasagna - Layers of whole wheat pasta, mozzarella, ricotta, marinara & lean turkey. Served with green beans.

Spinach Lasagna - Vegetarian lasagna with spinach, ricotta, marinara and whole wheat pasta noodles. Served with green beans.

Baked Spaghetti - Delicious mix of pasta, lean turkey, marinara sauce & unique blend of cheeses. Served with green beans.

Mexican Entrees - \$7.49

Turkey Burrito - Lean turkey, mexican spices & refried beans in a whole wheat wrap. Served with steamed vegetables.

Chicken Quesadillas - Whole wheat tortillas filled with mozzarella, feta, spinach, sundried tomatoes & red onions.

Chipotle Tamale Pie - Mildly spicy mix of turkey, corn, and tomatoes with a sweet corn bread topping.

Chicken Enchilada - A mix of chicken, cheese and a zesty red sauce. Served with steamed veggies.

Santa Fe Chicken Pie - A delicious casserole filled with lean chicken, black beans, diced tomatoes, onions, and green peppers all layered between whole wheat flour tortillas.

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BALANCE
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Always in stock

Phone: 809-0316

- These are always in stock in our freezer for no wait time

- Just pop the lid, microwave for 4-5 minutes!