



WE PROVIDE NEXT DAY PICK-UP & DELIVERY! Except on Friday's
CALL US TO ORDER 504-309-5505 OR FAX FORMS TO 504-362-9340
EMAIL FORMS TO ORDERS@HEALTHYCOURSEMEALS.COM
ONLINE ORDERING IS AVAILABLE www.healthycoursemeals.com

PICK UP LOCATION

At Huey P's Pizzeria, 139 Huey P. Long Ave., Gretna 70053

(Please circle one) **DELIVERY** or **PICK-UP DATE** _____

FREE DELIVERY for 10 meals or more on the Westbank (excludes Lafitte and Jesuit Bend); \$10 charge from the river to Kenner; \$20 charge for Saturday delivery to Baton Rouge, Mandeville, & Convington areas.

READY- MADE MEALS

- [A] Chicken or Beef with Broccoli \$13
- [B] Spaghetti Squash with Turkey Meatballs \$13
- [C] Lettuce Wraps \$13
- [D] Chicken Spinach Salad \$7
- [E] Grilled Chicken Parmesan \$13
- [F] Stuffed Bell Pepper \$8
- [G] BBQ Shrimp \$13
- [H] Chicken Satay \$10
- [I] Turkey Shepherd's Pie \$13
- [J] Turkey Burger w/ sweet Fries \$13 [K] Stuffed Chicken Breast \$10
- [L] Cauliflower Crust Pizza \$10
- [M] Chicken Wraps \$7
- [N] Egg Whites with Spinach & Tom. \$7
- [O] Protein Pancake (3) \$7
- [Orv] Red velvet protein pancake(3)\$9
- [Q] Kale Chicken salad \$7
- [R] Stuffed Sweet Potato Chicken \$7 or Steak \$8
- [S] Arugula Salad w/ Egg \$7 or Steak \$9
- [T] Turkey Meatloaf \$10
- [U] Bison Burger \$11
- [V] Kale Pad Thai \$8
- [W] Chicken Enchilada \$10
- [Y] Shrimp or Chicken Spring Roll \$6
- Ground Turkey Chili \$8
- Black Bean Quinao Salad \$8
- Chicken&Turkey Sausage Jambalaya\$8
- Chicken Fajita \$8
- Chili Cheese Fries \$8
- Fried Rice Chicken \$8 Steak \$10
- Turkey Lasagna \$8
- Hamburger Helper \$9
- Ground Turkey Dirty Rice \$9

Five for \$35 MEAL DEAL

Lean Proteins (4-5oz post cook)

- [1] Grilled chicken
- [2] Grilled Pork Loin
- [3] Roasted Turkey Breast
- [4] Grilled Sirloin
- [5] Grilled Turkey Patty
- [6] Grilled Beef Patty
- [7] Grilled Salmon (add \$5 – not available on FIVE for \$35 Meal Deal)
- [8] Grilled Tilapia

Complex Carbs

- [1] Spaghetti Squash
- [2] Brown Rice
- [3] Sweet Potatoes
- [4] Red Potatoes
- [5] Whole-Wheat Pasta
- [6] Jasmine White Rice
- [7] Wild Rice

Steamed Veggies

- [1] Asparagus
- [2] Cauliflower
- [3] Broccoli
- [4] Green Beans
- [5] Sugar Snap Peas

READY-MADE MEAL Order Form For each meal, select a meal by writing the item [LETTER] in the space below.

HEALTHY SNACKS
1/2doz/ doz

- Protein Banana Bread \$13
- Protein Almond Balls \$10/15
- Protein Cookies \$10/15
- Protein Donuts (Vanilla or Chocolate) \$10/15
- Protein Cupcakes (Vanilla or Chocolate) \$15/30
- Protein Brownies (Red Velvet or Chocolate) \$15/30

FIVE for \$35 Order Form

For each meal, select one protein, carb, and veggie by writing the item [NUMBER] in the space provided below.

For an additional \$5 **"SPRUCE UP"** your protein with sauté onions, bell peppers, and mushroom. By simply writing, "Spruce it up" next to your FIVE for \$35 order.

Double Protein \$50 Double A Set \$60

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
Lean Protein					
Complex Carb					
Steamed Veg.					

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
Lean Protein					
Complex Carb					
Steamed Veg.					

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
Lean Protein					
Complex Carb					
Steamed Veg.					

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
Lean Protein					
Complex Carb					
Steamed Veg.					

Please PRINT the information below. (Only print address if order is for delivery)

Name: _____ Phone: _____

Address: _____

Email: _____

