



LEAN BODY GOURMET - FOOD FOR FITNESS

Individual orders, individually frozen, fully cooked

FAX: 513.598.9962 PHONE: 513.782.4354

NAME / PHONE: _____

DELIVER TO: _____

AMOUNT	PRICE / EA	TOTAL	MENU ITEM (weights listed are raw weights)
	\$1.75		BROWN RICE PILAF / 4g protein, 36g carbs, 4g fat, 190 calories, 2.3g fiber, 698mg sodium
	\$2.00		DUCHESS SWEET POTATO / 2g protein, 37g carbs, 0g fat, 164 calories, 5.2g fiber, 271mg sodium
	\$5.50		OATMEAL BANANA COOKIES / 35g protein, 40g carbs, 9g fat, 350 calories, 3.6g fiber, 758mg sodium
	\$5.50		SWEET POTATO COOKIES / 35g protein, 30g carbs, 6g fat, 323 calories, 3.0g fiber, 633mg sodium
	\$5.00		WHEAT PASTA WITH MEAT SAUCE (BEEF) / 35g protein, 32g carbs, 9g fat, 366 calories, 3.0g fiber, 623mg sodium
	\$5.50		BUFFALO MEATLOAF / 41g protein, 9g carbs, 5g fat, 255 calories, 0.9g fiber, 827mg sodium
	\$6.00		SHREDDED BUFFALO BARBECUE / 39g protein, 6g carbs, 3g fat, 210 calories, 1.3g fiber, 495mg sodium
	\$6.00		BUFFALADA / 35g protein, 20g carbs, 8g fat, 287 calories, 6.8g fiber, 909mg sodium
	\$5.50		BUFFALO BLACK BEAN CHILI / 36g protein, 24g carbs, 3g fat, 267 calories, 8.2g fiber, 467mg sodium
	\$5.50		BUFFALO LASAGNA (WHOLE WHEAT) / 39g protein, 28g carbs, 9g fat, 360 calories, 5.2g fiber, 720mg sodium
	\$5.75		TERIYAKI BUFFALO FLANK / Protein 36g, Carbs 2g, Fat 3g, Calories 189, Fiber .3g, Sodium 735mg
	\$5.50		BUFFALO BURGER / Protein 36g, Carbs 1g, Fat 3g, Calories 179, Fiber .1g, Sodium 95mg
	\$5.25		CHICKEN QUICHE / 39g protein, 7g carbs, 4g fat, 300 calories, 0.1g fiber, 348mg sodium
	\$5.25		HERB STUFFED CHICKEN BREAST / 40g protein, 3g carbs, 5g fat, 227 calories, 0.1g fiber, 449mg sodium
	\$5.25		ORIENTAL CHICKEN WITH VEGETABLES / 38g protein, 14g carbs, 4g fat, 246 calories, 3.2g fiber, 858mg sodium
	\$5.50		MEXICAN CHICKEN ROLL-UPS / 36g protein, 36g carbs, 12g fat, 424 calories, 2.6g fiber, 1322mg sodium
	\$5.50		SOURDOUGH PIZZA (TURKEY) / 38g protein, 39g carbs, 10g fat, 403 calories, 1.5g fiber, 883mg sodium
	\$1.25		GREEN BEANS / 2g protein, 7g carbs, 0g fat, 30 calories, 3.3g fiber, 6mg sodium
	\$1.25		BROCCOLI / 5g protein, 8g carbs, 0g fat, 45 calories, 4.7g fiber, 26mg sodium

TOTAL DUE: \$ _____