

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!

**\$9.29 Each or
CHOOSE A PACKAGE DEAL
AND SAVE MONEY!**

**Best
Value**

3 meals
Price: \$27

5 meals
Price: \$44
save \$2

7 meals
Price: \$61
save \$4

10 meals
Price: \$85
save \$8

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

**Always
in stock**

Freezable, Microvable Containers

Santa Fe Chicken Pie

**Just
heat
& eat**

Chicken Enchiladas

**Great
4 Home
or Work**

Lasagna w/Whole Wheat Pasta

Ready to order? Give us a call!

ENTREE MENU

Always in stock and ready for you. We freeze them so all you have to do is heat and eat!

Mesquite Grilled Chicken - Grilled chicken breast served with broccoli & your choice of brown rice or red potatoes.

Meatloaf Stack - Herb infused meatloaf with mashed red potatoes made from scratch, gravy & green beans.


Pulled BBQ Chicken - Slow roasted BBQ chicken with roasted potatoes & green beans.

Beefy Mac & Cheese - Whole wheat pasta combined with lean ground beef and a combo of low fat cheese, diced tomatoes and served with steamed broccoli.

Chicken Pot Pie - Lean white chicken and mixed vegetables in a light creamy sauce. Finished with a low fat biscuit topping and a side of steamed broccoli.

Turkey Cabbage Casserole - Brown rice with sauteed cabbage and ground turkey mixed with a unique blend of spices.

Herb Roasted Chicken Thighs - Tender chicken thighs baked along side squash, zucchini, sweet & red potatoes.

 **Firecracker Chicken** - Grilled chicken breast with pineapple and cashews covered in a spicy teriyaki sauce over jasmine rice. Served with a side of broccoli.

Teriyaki Noodle Bowl - Turkey meatballs with spiralized zucchini, broccoli slaw, whole wheat noodles with teriyaki sauce.

Lasagna - Layers of whole wheat pasta, mozzarella, ricotta, marinara, lean ground turkey & a side of green beans.

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

Baked Spaghetti - Delicious mix of spaghetti noodles, lean turkey, marinara sauce & unique blend of cheeses & served with green beans.

Chicken Pesto Lasagna - Whole wheat pasta filled with shredded chicken breast, creamy pesto sauce, spinach, a blend of cheeses and a little alfredo sauce. Served with green beans.

Turkey Burrito - Ground turkey, Mexican spices & refried beans in a tortilla over brown rice. Served with steamed broccoli.

Chicken Quesadillas - Flour tortillas filled with ground chicken, mozzarella, feta, spinach, red peppers, sundried tomatoes & red onions. Served with steamed broccoli.

 **Chipotle Tamale Pie** - Mildly spicy mix of turkey, chipotle sauce, corn & tomatoes with a sweet cornbread topping. Served with broccoli.

Chicken Enchilada - A mix of chicken, cheese and a zesty red enchilada sauce in a tortilla. Served with steamed broccoli.

Santa Fe Chicken Pie - Pie shaped casserole with chicken, black beans, tomatoes, onions & peppers with tex mex sauce all layered between tortillas with steamed broccoli.

Tortilla Casserole - Layers of ground turkey, beans, corn, & cheese between corn tortillas with broccoli on the side.

Stuffed Peppers - Keto friendly stuffed peppers with turkey sausage, beef, riced cauliflower, onions, tomatoes & zucchini.

Bourbon Chicken - Tender pieces of chicken thighs, broccoli, peas & carrots on jasmine rice in a Asian bourbon sauce.

Beef Stew - Good old fashion beef stew with lean beef, red potatoes, onions, carrots, celery, diced tomatoes and a beef gravy.