

# 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!

**\$8.69 Each or  
CHOOSE A PACKAGE DEAL  
AND SAVE MONEY!**

**Best  
Value**

**3** meals  
Price: \$25

**5** meals  
Price: \$41  
save \$2

**7** meals  
Price: \$57  
save \$4

**10** meals  
Price: \$80  
save \$7

**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.

**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.

**865-809-0316**