

EAT HEALTHY

WITHOUT SURRENDERING TASTE

CHOOSE FROM JUST A FEW OF OUR HEART HEALTHY RECIPES BELOW:



MONGO MIX CHICKEN 453 CALORIES

PROTEIN: Chicken

SEASONING: Crushed Red Pepper

VEGGIES: Mongo Peppers, Onions, Carrots

SAUCE: 3G

STARCH: Brown Rice



BLAZIN' BEEF 452 CALORIES

PROTEIN: Sliced Beef

SEASONING: Black Pepper

VEGGIES: Onions, Squash, Zucchini, Potatoes, Cilantro, Jalepenos

SAUCE: Roasted Tomato Sauce

STARCH: Brown Rice



JAMAKIN ME CRAZY FISH 545 CALORIES

PROTEIN: Marinated White Fish

SEASONING: Citrus Garlic Herb

VEGGIES: Carrots, Onions, Green Beans, Mandarin Oranges, Pineapple

SAUCE: Khanzu Sauce

STARCH: Steamed Rice



MONGOLIAN SPAGHETTI 466 CALORIES

PROTEIN: Chicken

SEASONING: Citrus Garlic Herb

VEGGIES: Squash, Zucchini

SAUCE: Roasted Tomato Sauce

STARCH: Noodles