

HARDCORE MENU

Our Hardcore menu is for those who are very serious about hitting their daily nutritional requirements. Simply choose your protein, carb and/or fat source in the amount you need and we'll make it to order in microwaveable bowls. Nothing fancy, just the basics. All 4 sections are optional. Use this menu as your order sheet, call or email us at orders@orderhealthymeals.com

1. PROTEIN

Per ounce

___ Grilled Chicken - \$.60 - 7g pro, 1g fat, 0g carb

___ Ground Beef - \$.75 - 7g pro, 2g fat, 0g carb

- Microwaveable
- Freezable
- Order any quantity
- Each category optional
- 100% whole food

2. CARBS

___ 1/4 cup Brown Rice - \$.15 - 11g carbs, 1g fiber, .5g fat, 1g pro

___ 1oz Mashed Sweet Potatoes - \$.25 - 6g carbs, 1g fiber, 0g fat, 0g pro

___ 1oz Roasted Red Potatoes - \$.20 - 6g carbs, 1g fiber, 1g fat, 0g pro

3. FATS

- SOLD IN SEPERATE CONTAINERS

___ 1/4oz Mixed Nuts - \$.40 - 4.5g fat, 1g carbs, 1g pro

___ 1oz Avocado - \$1 - 4.5g fat, 2g carbs, 0g pro

24 hr
notice

Minimum
5 meals



4. EXTRAS

___ Stmd Broccoli - \$.75 per bowl

___ Green Beans - \$.75 per bowl

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Housemade entrees that are made fresh and then frozen and always in stock. Just heat and eat at your convenience. While not customizable like our Hardcore menu, they are great for busy people who want to eat right.

ENTREE MENU RECAP

Signature Items

Mesquite Grilled Chicken w/Rice - 4g fat, 27g carb, 32g pro 275 Cal

Mesquite Grilled Chicken w/Pot - 7g fat, 27g carb, 32g pro 300 Cal

Meatloaf Stack - 7.5g fat, 42g carb, 30g pro 355 Cal

Pulled BBQ Chicken - 6g fat, 33g carb, 32g pro 315 Cal

Beefy Mac & Cheese - 7.5g fat, 48g carb, 42g pro 430 Cal

Chicken Pot Pie - 10.5g fat, 45g carb, 21g pro 360 Cal

HHC Casserole - 10g fat, 48g carb, 33g pro 415 Cal

Turkey Cabbage Casserole - 6g fat, 33g carb, 34g pro 320 Cal

Italian Entrees

Lasagna - 15.5g fat, 40g carb, 43g pro 475 Cal

Spinach Lasagna - 14g fat, 41g carb, 22g pro 380 Cal

Baked Spaghetti - 11.5g fat, 42g carb, 40g pro 435 Cal

Mexican Entrees

Turkey Burrito - 10.5g fat, 49g carb, 43g pro 460 Cal

Chicken Quesadila - 15g fat, 35g carb, 38g pro 425 Cal

Chipotle Tamale Pie - 12.5g fat, 48g carb, 41g pro 465 Cal

Chicken Enchilada - 7.5g fat, 46g carb, 27g pro 360 Cal

Santa Fe Chicken Pie - 15g fat, 35g carb, 24g pro 370 Cal

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