



## ***Terri's Healthy Eats***

***You have enough on your plate.  
Terri's Healthy Eats does your grocery shopping,  
prepares your weekly meals, and pre-packages them.  
All you have to do is grab and go!***

***Stop paying \$20-\$30 per meal at restaurants.***



Six options for lunch and dinner. Simply choose which recipes you'd like, email your choices to [terri@terriwest.com](mailto:terri@terriwest.com), and your meals will be delivered Sundays.

1. Seared Tilapia with Orzo and mushrooms
2. Sweet 'n Spicy Chicken with grains and kale
3. Asian Ground Chicken or Turkey Lettuce Wraps
4. Light Chicken, Beef, or Vegetable "Fried" Rice
5. Beef Fajitas
6. Seared Salmon with Asparagus

Includes a variety of fruit and vegetable options to complement meals.

\$50 - Five meals\*

\$95 - 10 meals\*

# Reimbursement for groceries and payment for meals due on delivery day.

\*Based on one serving per person.







Bon Appetit!

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***Questions? Terri's Healthy Eats: A Division  
of TerriWest's 50+Fitness: 323-445-6275***

**Find Out More**



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