



From PureFoods

To Get a Free Bonus Meal on Your First Order, Use Offer Code: **EZLIVING**

Call **(561) 496-2367** or

Toll-free at **866.971.6667**

www.easylivingprogram.com/momsmealsflyer



Private Pay

Fast, Fresh and Easy!

Select and order your favorite meals from our expansive and diverse menu! Each meal will then be prepared by our chefs and delivered to your door.

Meals arrive fresh by UPS or FedEx in a custom designed insulated container... ready to heat and eat! With our special packaging, meals stay fresh in your refrigerator for 14 days after delivery!

We provide an ideal service for those needing a great-tasting, convenient solution to maintain proper nutrition.

Whether you need meals for yourself or a loved one, with convenient ordering and delivery options and all meals priced at \$5.99*, you're sure to become another satisfied customer!

1
Select & Order

2
FRESH Delivery

3
Heat & Eat!

“

"I'm immensely satisfied with your service. The meals have been delectable! The directions to heat them are very clear and easy to understand and follow. They are delivered with no problems" - Jerry A.

"Thank you for your meals, which helped to control my diabetes. Instead of taking insulin shots everyday, with your meals, I have only taken 3-5 shots a month. My doctor is ecstatic." - Linda S.

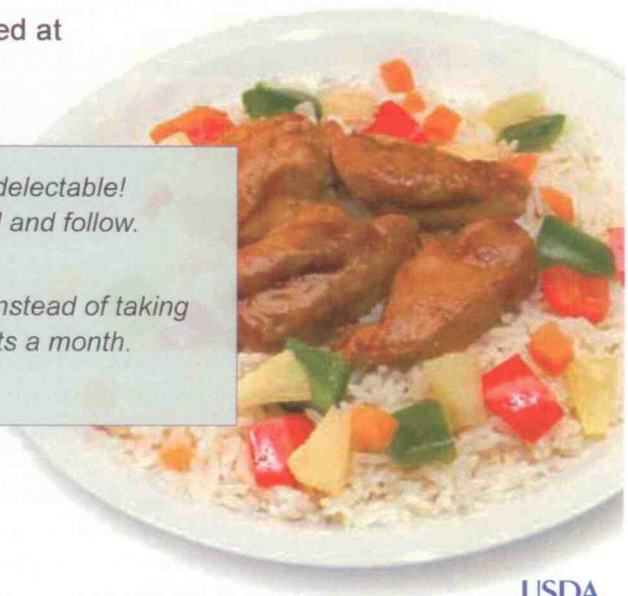
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Phone 866.971.6667

Mail 718 SE Shurfine Dr.
Ankeny, Iowa 50021

Web www.easylivingprogram.com/meals.shtml

*shipping and handling charges apply



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When placing your first order, please make sure you use the OFFER CODE above to get your FREE BONUS MEAL!

On your first order to get a Free Bonus Meal

SELECT Standard Menu

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Item #	BREAKFAST:
2130	Sweet Potato Hash with Ham (29g)
2155	Rolled Oats Granola, Yogurt and Hard Boiled Egg (54g)
2522	BlueBerry Muffin (28g)
2532	Ranch Skillet of Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans (41g)
2533	Southwestern Skillet of Scrambled Eggs, Hash, Salsa and Cheddar Cheese (41g)
2535	Berry-Banana Smoothie, Whole Wheat Bagel Half and Peanut Butter (59g)
2536	Hearty Oatmeal with Craisins and Almonds (36g)
2537	Cinnamon Nut Oatmeal (52g)
2542	Hearty Morning Cereal (54g)
2580	Banana Walnut Pancakes with Honey and Turkey Sausage (53g)
2592	Country Frittata with Whole Wheat English Muffin Half (30g)
2638	Vegetable Omelette (12g)
2749	Breakfast Skillet with Ham and Plain Omelet (36g)
2762	Western style omelet with ham and potatoes (43g)
2788	Vegetable and Potato Skillet with Mozzarella and Plain Omelet (45g)
3140	Denver style omelet with ham and peppers (18g)
3619	Vanilla Yogurt Parfait with Raisins, Sunflower Seeds, & Walnuts (34g)
4159	Southwestern Hash, Plain Omelet and Turkey Bacon (23g)
75252	Mini Pancakes with Turkey Sausage, Sliced Peaches with Honey Oat Soy Clusters (55g)
Item #	LUNCH:
1039	Chicken & Noodles (20g)
1867	Honey-Pineapple Jerk Pork Loin, Black Beans, Vegetables and Roasted Potatoes (36g)
2347	Chicken Vesuvio (43g)
2486	Beef Chili Tostada with Salsa (29g)
2553	Vegetarian Lentil and Barley Soup (23g)
2559	Vegetarian Lasagna with Zucchini Red Pepper Salad (38g)
2579	Tostada Pizza (42g)
2587	Grilled Turkey Breast with Wild Rice Salad (39g)
2643	Tomato Basil Pizza (33g)
2880	Grilled Chicken Breast with Herb Potatoes and Broccoli (33g)
3212	BBQ Chicken with Tomato Zucchini Salad (11g)
4259	Pork Marsala with White Rice (27g)
75160	Cheese Macaroni with Beef (42g)
75192	Tuna Casserole (39g)
75203	Turkey Pepper Pasta (41g)
75227	White Bean Stew with Ham (37g)
75250	Salmon Patty with Lemon Dill Glaze, Wild Rice Pilaf, Seasoned Peas & Pearl Onions (55g)

Item #	DINNER:
1169	Pork Rosemary, Roasted Red Potatoes and Corn (39g)
1863	Roast Pork Loin, Barley Pilaf & Roasted Vegetables (42g)
1883	Blackened Chicken Breast, Peas and Roasted Potatoes, Vegetables (35g)
2297	Chili-Rubbed Beef Steak with Candied Sweet Potatoes, Sauteed Vegetables and Feta Cheese (47g)
2397	Turkey Bolognese with Rice Noodles (41g)
2400	Baked Cod with Thyme and Spiced Black Bean Salad (26g)
2800	Grilled Beef Steak, Quinoa Pilaf and Sauteed Carrots (34g)
2851	Vegetable Ratatouille with Baked Chicken Breast (15g)
2900	Three Bean Vegetarian Chili (24g)
4260	Pork Rosemary and Brown Rice (27g)
4277	Lemon Herb Chicken Breast, Wild Rice and Broccoli (32g)
4279	Pork Ragout, Spicy Roasted Vegetables & Baked Potato (45g)
4344	Orange Chipotle Chicken Breast with Spanish Rice and Roasted Rosemary Vegetables (56g)
4394	BBQ Chicken Breast with Candied Sweet Potatoes and Sicilian Blend Vegetables (36g)
75157	BBQ Flavored White Chicken with Roasted Red Potatoes and Sweet Corn (43g)
75161	Honey Lime White Chicken with Black Beans, Corn, Brown Rice and Salsa Verde (52g)
75164	White Chicken with Fettucini, Marinara Sauce & Parmesan (41g)
75211	Honey Dijon White Chicken, Brown Rice with Orange Essence and Broccoli (39g)
75243	Sweet Basil Chicken Thighs with Penne Pasta, Marinara, Seasoned Broccoli & Carrots (46g)
75246	Caribbean Flavor Chicken Thighs with Yellow Rice and Stewed Black Beans (43g)
75249	Latin Flavor Braised Pork, Brown Rice, Vegetables and Salsa Verde (46g)
75258	Salisbury Steak with Mushroom Gravy, Mashed Potatoes and Carrots (31g)
75259	Beef Stuffed Green Pepper with Rice & Tomatoes (48g)

To assist our diabetic customers, the approximate carbohydrate level for each meal is listed in parenthesis. Please select the meals that are most appropriate for your dietary needs. Menus are subject to change. Additional menu items available.

ORDER

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