



HOME DELIVERED MEALS

Only a Phone Call Away...

(561) 496-2367 • (888) 522-EASY (3279)

With over 30 selections of Regular and "LITE" Entrees (see menu on other side) Health "E" Home Delivered Meals are perfect for anyone who prefers the convenience of nutritionally balanced, good tasting homestyle meals delivered to their door.

HEALTH "E" LITE MEALS

are often recommended by Health Care professionals for people with a history of stroke, heart disease or diabetes or for high cholesterol, and low calorie diets. **LITE MEALS** average 500 mgs of sodium, 65 mgs of cholesterol and under 350 calories per meal.

HEALTH "E" REGULAR

MEALS are for people with healthier appetites that enjoy home style recipes will full flavored sauces and gravies. All meals are nutritiously balanced.

HERE'S HOW IT WORKS:

Order by telephone between 9AM and 4PM, Monday through Thursday. Our minimum order is seven (7) meals, (Regular and LITE selections can be combined). Meals are freshly made to order, and quick frozen the day before delivery. *Please call for delivery day in your area.* We deliver only one day each week to your city.

Payment is made upon delivery... Checks are preferred. Meals can be heated in either a regular or microwave oven.



HEALTH "E"
Home Delivered Meals
has been serving
South Florida Since 1985

7 REGULAR OR
"LITE" MEALS:
\$43.50 DELIVERED

ADDITIONAL MEALS:

\$5.50 EACH

Prices subject to change
without notice. Effective 3/04

Northern Broward &
Palm Beach Counties

*Only a
Phone Call Away...*

(561) 496-2367

Toll Free

1-888-522-EASY (3279)

Email: info@easylivingprogram.com

Website: www.easylivingprogram.com

Fax: (954) 974-8073



HEALTH "E" Home Delivered Meals

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