



LifeVantage



The Fitness Shack & Food Revolution

5441 S. Main Street • Sylvania, OH 43560

419-913-7042

www.fitnesssylvania.com

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How to Order:

1. Build your own menu.
2. Place orders **Saturday** and **Tuesday** by 4:00 PM
3. Orders ready twice a week, **Sunday** and **Wednesday** 5:00 PM
4. Special nutritional needs can be prepared for individual items (add \$1.00 per item for special requests)
5. SmartSix Snack Pack may be purchased for \$35 a week or \$20 for the half week.

For the Week of MAY 22, 2017

Customer Name: _____

Phone #: _____

Special Requests: _____

SUNDAY after 5:00 PM

Description	Price	Amount
 HONEY BBQ STEAK SALAD <i>Tender cuts of honey BBQ marinated steak over a fresh bed of lettuce and assorted veggies.</i>	\$10	
 LEMON DILL SALMON <i>Generous portion of salmon perfectly prepared with a lemony finish.</i>	\$10	
 ZUCCHINI BOATS <i>Shelled our zucchini halves with meat lasagna styled filling.</i>	\$8	
 TURKEY BURGER <i>Food Revolution's weekly favorite turkey burger patty. Grilled to perfection for a great snack or meal.</i>	\$5	
 SHRIMP & SAUSAGE SKILLET <i>Shrimp and sausage combined with assorted vegetables prepared in a skillet.</i>	\$8	
 WHITE BEAN CAPRESE SALAD <i>Great protein and fiber salad with cherry tomatoes and fresh mozzarella.</i>	\$3	
 MANDARIN PASTA SPINACH SALAD <i>Pasta salad made with spinach and Mandarin oranges.</i>	\$3	
 ASIAN SLAW <i>Cabbage based slaw with an Asian flare and dressing.</i>	\$3	
 SNOW PEAS <i>Garden fresh snow peas steamed and served with a tasty butter sauce.</i>	\$3	
 MOZZARELLA EGG BAKE <i>Ham, Baby Kale egg bake with a mozzarella cheese finish.</i>	\$5	
 GERMAN CHOCOLATE OVERNIGHT OATS <i>Overnight Oats with creamy German chocolate and chia seeds.</i>	\$5	
 SAUSAGE & CHEESE CASSEROLE <i>Most Popular Breakfast! Turkey sausage and cheese casserole baked with eggs.</i>	\$5	

WEDNESDAY after 5:00 PM

Description	Price	Amount
 SPECIALTY CHICKEN <i>Food Revolution's weekly specialty chicken breast baked or grilled with special seasonings.</i>	\$7	
 PASTA PRIMAVERA <i>Generous portion of pasta primavera with springtime vegetables.</i>	\$7	
 PORK KABOBS <i>Pork tenderloin grilled and served with fresh garden vegetables on a skewer.</i>	\$9	
 BEEF & BROCCOLI STIR FRY LOW CARB. Juicy cuts of beef sautéed in a rich brown sauce with steamed broccoli.	\$7	
 DJ'S FAMOUS TURKEY MEATBALLS <i>Dave and Jeannine's famous turkey meatballs. Ground turkey with a special blend of tastes.</i>	\$7	
 GAZPACHO <i>Rich tomato based summer soup with great raw vegetables.</i>	\$5	
 MEXICAN STREET CORN <i>Sweet summer corn in a skillet with green onion, jalapeno cilantro, crumbled cotija cheese and chili powder</i>	\$3	
 ROASTED BROCCOLI <i>Fresh Garden Broccoli roasted with a garlic and olive oil mix.</i>	\$3	
 ZUCCHINI SKILLET <i>Skillet prepared zucchini with a rich, full flavored taste.</i>	\$3	
 BAKED OATMEAL <i>Soft tasty blocks made from our favorite baked oatmeal recipe.</i>	\$5	
 EGG WHITES W/TOMATO & BASIL <i>Egg white scramble mix with feta cheese, tomato and basil.</i>	\$5	
 SAUSAGE/EGG TAQUITOS <i>Sausage, cheese, and egg mix wrapped in a slightly crisp whole wheat wrap.</i>	\$5	

The SmartSix Plan

SmartSix™ is a meal plan that is easy to follow, promotes weight loss and most importantly is delicious. The plan includes six days of fresh, home-made gourmet meals, two group fitness classes, weekly accountability consultation (with Dr. Renée Mason) and daily check-ins.

Package Includes

- Six Days of Food - 3 Meals and 2 snacks a day
- Two Fitness Classes - Numerous options and fitness levels
- Initial Medical Consultation - Goal setting
- Weekly Accountability - Group meeting, weigh-in and feedback