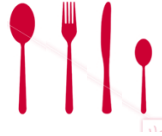


Meal Selections

This listing is just a sampling of Healthy Living by Court Meal Selections. You can, of course, create your own!



Poultry

Citrus Marinated Chicken, roasted potatoes, French green beans * Chicken Fajitas, Mexican rice, chips & salsa * Chicken Quesadillas, Mexican rice, chips & salsa * Goat Cheese & Spinach stuffed chicken breast, mashed potatoes, asparagus * Chicken Parmesan, green beans, garlic bread. Buttermilk oven fried chicken, Mac n cheese, greens * Red Thai Curry Chicken with peppers and onions, broccoli, basmati rice * Roasted turkey breast, cornbread dressing & gravy, greens * Basil Pesto chicken breast with spinach, peppers and onions over penne pasta * Ground Chicken Spaghetti, green beans, garlic bread * Chicken Marsala, roasted rosemary potatoes, steamed broccoli * Chicken and Dumplings with green salad Rosemary Baked Chicken, basmati rice, vegetable medley * Honey Mustard Glazed Chicken breast with broccoli, peppers and onions over rigatoni pasta * Chicken Alfredo with broccoli and garlic bread * Teriyaki Chicken Breast, mashed potatoes, broccoli

Seafood

Crab cakes, asparagus, wild rice * Red Thai curry shrimp with peppers, onions, broccoli and basmati rice * Seared red snapper in sweet chili sauce, roasted potatoes, asparagus * Blackened catfish, basmati rice, vegetable medley * Baked Rainbow trout with peppers and onions, basmati rice, broccoli * Rosemary and white wine roasted shrimp with peppers and broccoli over angel hair pasta * Pan seared scallops with sherry and thyme, basmati rice, asparagus * Walnut honey glazed shrimp, broccoli and basmati rice * Pan seared sesame crusted tuna steak, basmati rice and French green beans * Teriyaki salmon and shrimp, roasted potatoes, broccoli * Shrimp Alfredo, green beans, and garlic bread

Beef

Filet mignon in mushroom cream sauce, mashed potatoes, asparagus * New York strip steak, baked sweet potato, broccoli * Beef fajitas with onions and peppers, Mexican rice, chips & salsa * Meatloaf with gravy, mashed potatoes, sweet peas * Mongolian beef with onions, pepper, broccoli, basmati rice * Pot roast with carrots & potatoes, green beans * Beef and broccoli stir fry with basmati rice * Pan seared rib eye steak with red wine sauce, roasted potatoes, and French green beans * Carne Asada skirt steak strips, French green beans, basmati rice
Pork Rosemary Pork Tenderloin, roasted potatoes, French green beans * Baked center cut pork chop, basmati rice, broccoli * Marsala pork chop, mashed potatoes, asparagus * Baby back ribs with bourbon BBQ sauce, coleslaw and corn on cob

Vegetarian/Sides

Bow tie pasta with vegetable medley and garlic parmesan sauce * Mac-n-Cheese * Spinach Alfredo noodles with basil pesto * Fettuccini Alfredo linguini in white wine sauce * Cheese tortellini with sun-dried pesto sauce * Black bean casserole * Eggplant Parmesan * Tomato basil pasta salad Vegetable and rice stuffed bell peppers * Spinach and ricotta cheese stuffed manicotti * Vegetable and cheese enchiladas * Corn bread Broccoli cheese casserole * Asparagus * Broccoli * Cabbage * Glazed carrots * Mashed cauliflower * French green beans * Fresh cut green beans Mashed potatoes * Baked potato * Roasted potatoes * Baked sweet potato * Scalloped potatoes * Greens * Black-eyed peas * Sautéed spinach and tomatoes

Salads

Caesar Salad with fresh grated Parmesan cheese and herb seasoned croutons (make this an entrée by adding chicken, shrimp or fish) * Greek salad * Romaine lettuce salad, sundried tomatoes, black olives, mushrooms, smoked mozzarella and herb vinaigrette * Bibb lettuce with sliced tomatoes, cucumber, basil, fresh mozzarella, balsamic vinaigrette * Chopped salad, tomatoes, boiled egg, sweet onion, cheddar cheese, crumbled turkey bacon, ranch dressing



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Healthy Living by Court (HLC)

HLC offers a wide variety of culinary services tailored to fit your individual and family needs. Chef Courtney grocery shops and prepares delicious, healthy, affordable meals. HLC uses locally grown produce and the freshest seafood, poultry, pork and beef. To ensure you receive a balanced diet each day, HLC provides a fruit (seasonal fruit) and green salad. All meals are prepared based on your weekly selections from our menu.

Why use HLC?

The average rate for a dinner for two at a mid-priced restaurant can cost you \$100. A personal chef will charge a daily rate of \$200 or more plus the cost of food. HLC delivers quality meals to you at a fraction of the cost of dining out or hiring a personal chef. HLC provides meal plans to single professionals, busy families, athletes, new mothers as well as modified meal plans for those trying to gain or lose weight.

How the service works:

To secure service, orders must be received by 6pm on Friday for delivery on Monday. You can make payments by credit card, cash or check (**payable to: Healthy Living by Court**).

Twice a week (Monday and Wednesday) you'll receive a delivery with freshly prepared meals, complete with reheating instructions.



Price and Sample Meals

5-day Individual Meal Plan \$125.00 (10 Meals)

5-day Family Meal Plan \$250.00 (20 Meals)

Meal plan includes entrée, sides, fruit and green salad. Bread is provided upon request.

Select five different entrée's and Chef Court will use two of each selection to prepare ten meals. Or, select two different entrée's and she will prepare five of each selection to equal ten meals.

Delivery fee: \$10 per week within 20 mile radius or \$20 per week within 40 mile radius of 30349. For an additional fee, meals can be shipped overnight anywhere in the USA.

Shipped meals do not come with salads



Sample Meals Day 1

Fruit Salad with seasonal fruit
Caesar salad with fresh grated Parmesan cheese and herb seasoned croutons
Honey mustard glazed chicken breast with broccoli, peppers and onions over rigatoni pasta
Baked Rainbow trout with peppers and onions, basmati rice, broccoli

Sample Meals Day 2

Fruit salad with seasonal fruit
Spinach salad with peppers, black olives and croutons
Beef soft tacos, Mexican rice, chips & salsa
Basil pesto chicken breast with spinach, peppers and onions over penne pasta.

Sample Meals Day 3

Fruit Salad with seasonal fruit
Salad of mixed greens, walnuts, bleu cheese, Vidalia onions, and raspberry vinaigrette
Baked Center Cut Pork Chop, basmati rice, asparagus spears
Tomato basil pasta salad, baked sweet potato

Testimonials



- "Chef Court has provided exceptional service to my family and friends. Prices are great and the food is superb". Tyronne Lue, Las Vegas, NV

- "Dinner was excellent! Thank you! I now KNOW why you are flown around the country to prepare your scrump-tious meals. You are the BEST!!!" The Woolfolk Family, Atlanta, GA

- "I cannot thank you enough for cooking the meals for us. I had my family over on Saturday, and believe me EVERYTHING that I pulled out for them to eat was a huge hit!!! The kids were like magicians because they made the taco meat disappear in no time. My cousin's son is a picky eater, this is the first time I've seen him eat more than anyone else. We ate some of the rice, manicotti, and, oh my goodness, the cake! Valerie Matthews, Columbia, MD.

