

BY FAT BUSTERS  
12234 SW 8 Street

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## MONDAY's Entrees

2/12/2018

**1 HONEY-MUSTARD "MASITAS"** grilled breast of chicken topped with sauce *(w/Splenda)*  
*(Masitas de Pechuga de Pollo a la plancha cubiertas con salsa Honey-Mustard)*

Srvg:6 oz Cals:250Fat:9 Carbs:22Sodium:271Protein:40

**2 SPAGHETTI BOLOGNAISE** with turkey meat sauce *(w/whole grain pasta)*  
*(Espaguetti integral con Salsa Bolognesa de picadillo de pavo)*

Srvg:10ozCals:295Fat:8Carbs:28Sodium:462 Protein:18

Xtra entree \$4.35  
Xtra side \$2.19

Entree	Side 1	Side 2	Side 3	Xtras

## TUESDAY's Entrees

2/13/2018

**3 CHICKEN GORGONZOLA** Grilled breast of chicken morsels with a light Gorgonzola sauce & fresh celery *(Trocitos de pechuga de pollo a la plancha cubiertos con salsa ligera Gorgonzola y celery)*

Srvg:8oz Cals:295 Fat:12Carbs:2 Sodium:315Protein:42

**4 SPANISH "PAELLA"** W/chicken & tilapia *(Paella Española c/pollo y tilapia)*

Srvg:10 ozCals:290Fat:4Carbs:41Sodium:341Protein:15

*(W/brown rice)*

Entree	Side 1	Side 2	Side 3	Xtras

**Eat healthy, feel GREAT! SHED THE POUNDS!** You may replace any entree with #11 Turkey Picadillo or #12 Masitas

## WEDNESDAY's Entrees

2/14/2018

**5 POT CHICKEN "POLLO EN CAZUELA"** breast of chicken morsels and green beans *(Pollo en Cazuela con habichuelas)*

Srvg:8ozCals:245Fat:10g Carbs:0g Sodium:495Protein:25

**6 SPANISH TUNA SALAD** w/diced steamed potatoes, roasted red peppers, onions and olive oil *(Ensalada de atun a la Española con papitas al vapor, pimientos morrones, cebolla y a.oliva)*

Srvg:10oz Cals:295Fat:8Carbs:30 Sodium:416Protein:18

*(Has cilantro)*



Entree	Side 1	Side 2	Side 3	Xtras
♥	♥	♥	♥	♥

## THURSDAY's Entrees

2/15/2018

**7 MEXICAN TURKEYLOAF** topped with a light crushed tomato sauce \*has cilantro *(Albondigon de pavo a la Mexicana cubierto con salsa ligera de tomate \*tiene cilantro)*

Srvg:5 oz Cals:285Fat:7 Carbs:32 Sodium:405 Protein:18

**8 TERIYAKI RICE & CHICKEN** with onions, celery, ginger, and garlic *(Arroz c/pollo Teriyaki con cebollitas, celery, jengibre y ajo)*

Srvg:10 ozCals:323Fat:9Carbs:44Sodium:659Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

## FRIDAY's Entrees

2/16/2018

**9 TURKEY PICADILLO WITH GARBANZOS MARINARA** *(Picadillo de pavo Italiano Marinara con garbanzos)*

Srvg:8 ozCals:295 Fat:7Carbs:491Sodium:455Protein:18

**10 CARIBBEAN CHICKEN SALAD** w/onions, celery, red roasted peppers, cilantro & light mayo *(Ensalada Caribeña de pollo con cebollita, celery, cilantro, pimientos morrones y mayo ligera)*

Srvg:6oz cals:160Fat:6 Carbs:4 Sodium:160 Protein:15

\*CONDITIONS APPLY, VISIT LATINLITE.COM

Entree	Side 1	Side 2	Side 3	Xtras

2018-1-WEB

**SIDES FOR THIS WEEK: Choose three (3) p/person** Cut off for Monday delivery is 12 pm Saturday

**20. ITALIAN CREAM OF SPLIT PEA**

*(Crema de chicharos a la Italiana)* Cals: 85-8oz

**21. GALICIAN SOUP**

*(Caldo Gallego)* Cals: 165- 8oz

**22. LENTIL SOUP**

*(Potaje de lentejas)* Cals: 174- 8oz

**23. RICE (Arroz)**

Cals: 190 - 8oz

**24. BROWN RICE** *(Arroz integral)* Cals:190- 8oz

**25. MOROS brown rice & black beans**

*(Moros con arroz integral)* Cals:210-8oz

**26. OVEN ROASTED SWEET POTATO**

*(Boniato amarillo asado al horno)* Cals:110-6oz

**27. LOW CARB MASHED POTATO** *(W/cauliflower)*

*(Pure de papas y coliflor)* Cals: 95 - 6oz

**28. CUBAN COLESLAW SLD**

*(Coleslaw a la Cubana)* Cals: 75 - 4oz

**29. GRILLED VEGGIES**

*(Vegetales a la plancha)* Cals: 75 - 4oz

**30. CHOCOLATE CREME RICOTTA**

*(Crema de ricotta de chocolate)* Cals: 145- 4oz

**31. FRENCH VANILLA MOUSSE** Cals: 90 - 4oz

*(Mousse de vainilla)*