

# LATINLITE

BY FAT BUSTERS  
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Delivery  Pick-up

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_, FL

Zip \_\_\_\_\_ Phone #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CC#: \_\_\_\_\_ Save on file Exp.: \_\_\_\_\_ V Code \_\_\_\_\_ Chip ? \_\_\_\_\_ CC Billing Adrs.: \_\_\_\_\_ Zip \_\_\_\_\_

## MONDAY's Entrees 6-10-2019

**1** **GRILLED BREAST OF CHICKEN MASITAS**  
**MEXICANAS** Topped with a light cilantro mojo  
**K** (Masitas de pechuga de pollo Mexicanas a la plancha cubiertas con mojo ligero de cilantro)

Srvg:6oz Cals:240 Fat: 9 Carbs:3 Sodium:125 Protein:39

**2** **CHICKEN PARMESAN "RISOTTO"**  
(Arroz con pollo Parmesano "Risotto")  
*w/ brown rice*

Srvg:10oz Cals:352 Fat:12g Carbs:46g Sodium:240 Protein:18

\*Xtra entree: \$4.35  
\*Xtra side: \$2.19

Entree	Side 1	Side 2	Side 3	*Xtras

## TUESDAY's Entrees 6-11-2019

**3** **GRILLED TURKEY PICADILLO CRIOLLO**  
**K** (Picadillo criollo de pavo a la plancha)

Srvg:5oz Cals:235 Fat:6g Carbs:0 Sodium:489 Protein:31

**4** **MAC & CHICKEN FLORENTINE**-Shredded breast of chicken and spinach with parmesan sauce  
(Macarrones integrales con pechuga de pollo desmenuzada, espinaca y salsa Parmesana)  
*w/ whole grain pasta*

Srvg:10oz Cals:290 Fat:8 Carbs:20 Sodium:341 Protein:14

Entree	Side 1	Side 2	Side 3	*Xtras

**Eat healthy, feel GREAT! Shed the pounds! Keto** You can replace any entree with #11 Turkey Picadillo or #12 Masitas

## WEDNESDAY's Entrees 6-12-2019

**5** **"MASITAS" PARMESAN** - Grilled breast of chicken topped with Parmesan sauce  
**K** (Masitas de pechuga de pollo a la plancha cubiertas con salsa Parmesana)

Srvg:6oz Cals:273 Fat:12 Carbs: 2 Sodium:157 Protein:42

**6** **CURRY & CILANTRO RICE WITH CHICKEN**  
(Arroz con pollo al curry y cilantro)  
*w/ brown rice*

Srvg:10 oz Cals:325 Fat:8 Carbs:42 Sodium:495 Protein:16

Entree	Side 1	Side 2	Side 3	*Xtras

## THURSDAY's Entrees 6-13-2019

**7** **"FRICA PICA" Turkey picadillo with diced potatoes**  
**K** (Fricassee de picadillo de pavo con papitas en cuadritos)

Srvg:5 oz Cals:285 Fat:7 Carbs:10 Sodium:285 Protein:24

**8** **SALT & PEPPER TILAPIA** Oven baked with olive oil, garlic and lightly peppered  
**K** (Filetillos de tilapia al horno con aceite de oliva, ajo y ligeramente a la pimienta)

Srvg:6oz Cals:344 Fat:17 Carbs:0g Sodium:264 Protein:20

Entree	Side 1	Side 2	Side 3	*Xtras

## FRIDAY's Entrees 6-14-2019

**9** **CUBAN STYLE TURKEY MEATBALLS**  
**K** (Albondigas de pavo a la Cubana)

Srvg:5 oz Cals:285 Fat:7 Carbs:10 Sodium:285 Protein:24

**10** **CUBAN ELBOW PASTA & CHICK SALAD**  
W/cranberries, sweet peas, light mayo  
(Ensalada a la Cubana de coditos integrales, pollo, mayonesa ligera, cranberries y petit poi)  
*w/ whole grain pasta*

Srvg:9oz Cals:253 Fat:6 Carbs:30 Sodium:416 Protein:9

Entree	Side 1	Side 2	Side 3	*Xtras

2019-5-WEB

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

**20. CHICKEN NOODLE SOUP**  
(Sopa de pollo y fideos) **Cals: 95-12oz**

**21. CREAM OF VEGGIES**  
(Crema de vegetales) **Cals: 90- 8oz**

**22. BLACK BEANS**  
(Frijoles negros) **Cals:174 - 8oz**

**23. RICE**  
(Arroz) **Cals: 190 - 6oz**

**24. BROWN RICE** **Cals: 210 - 6oz**  
(Arroz integral)

**25. CONGRI brown rice & red beans** **Cals: 210 - 6oz**  
(Congri con arroz integral)

**26. REAL MASHED POTATO** **Cals: 165 - 6oz**  
(Pure de papas)

**27. SWEET POTATO PUREE** **Cals: 110 - 6oz**  
(Pure de boniato amarillo)

**K 28. MIXED CHOPPED SALAD** **Cals: 65 - 3oz**  
(Ensalada "picadita" mixta)

**K 29. GRILLED GREEN BEANS** **Cals: 50 - 3oz**  
(Habichuelas a la plancha)

**30. RICE PUDDING** **Cals: 90 - 4oz**  
(Arroz con leche) *With Splenda 1% milk*

**K 31. ORANGE CREME RICOTTA** **Cals: 140- 4oz**  
(Crema de ricotta de naranja)

\*We reserve the right to changes in menu without prior notice