



Healthy Now

MEAL PREP • JUICES • CATERING



Healthy Classics Selections for Week of Aug 2nd to Aug 8th

Choose the meals and portions you'd like. Order deadline is 2 days before delivery date.





No selections for Monday Aug 2nd:

No selections for Monday August 2nd so the HealthyNow team can enjoy a quick vacation

For delivery on Wednesday Aug 4th:

	Tuscan Chicken with grilled veggies and pasta. A delicious, Italian classic in a light creamy sauce.	___ x Small ___ x Medium	___ x Large ___ x Couple
	Tender Beef stir fry with wholegrain rice	___ x Small ___ x Medium	___ x Large ___ x Couple

For delivery on Friday Aug 6th:

	Grilled maple salmon with wild rice and broccoli	___ x Small ___ x Medium	___ x Large ___ x Couple
	Chicken Parmesan, served on whole wheat pasta with grilled vegetables.	___ x Small ___ x Medium	___ x Large ___ x Couple
	Roast beef with a red wine gravy, mashed potatoes with green beans and shaved almonds	___ x Small ___ x Medium	___ x Large ___ x Couple
	Available add-on: Coconut Cream Pie	___ x Portions	

Small is \$13, Medium is \$15, Large is \$18, Couple is \$25, Dessert is \$5. A small delivery charge may apply. 13% HST will be added.

To order email Christine@HealthyNow.ca, phone or text Christine at 647-210-0047 or complete this form and send to Christine. If you refer a friend and they order, you get a free standard-sized meal from HealthyNow!

Name(s): _____

Address: _____

Phone Number: _____ Email address: _____

Christine Hickson of HealthyNow is at 647-210-0047, or Christine@HealthyNow.ca
Check out at www.HealthyNow.ca, or on Facebook at www.facebook.com/healthynow40/