



Very affordable



Reach your healthy goals by eating right

Great for anyone that is too busy to cook

## Healthy meals

All meals are sealed with a co2 vac system  
all meals can be frozen

Pre-packaged  
Plain ready to eat meals

Made fresh with no preservatives

Custom fit food



Simple &  
convenient

Custom orders available

CREATE your OWN portioned meals

Get **EXACTLY** what you want

## KarmaLean Meals

\*\*\* Almonds, cashews, walnuts and cheese can be added to any meal.

- |           |  |                       |   |               |           |
|-----------|--|-----------------------|---|---------------|-----------|
| <b>1</b>  | <b>\$7.49</b><br>4oz fresh boneless skinless chicken breast, 1 cup white or brown rice, 1 cup vegetables (broccoli, cauliflower and carrots)   | <b>(455 calories)</b> | <b>(370 calories)</b><br>4oz extra lean ground turkey, ½ cup brown or white rice, ½ cup peas  | <b>\$7.99</b> | <b>12</b> |
| <b>2</b>  | <b>\$7.49</b><br>5oz fresh boneless skinless chicken breast, 2 cup vegetables (broccoli, cauliflower, carrots and green beans)   | <b>(349 calories)</b> | <b>(390 calories)</b><br>4oz extra lean turkey chili (turkey, black beans, kidney beans, whole tomatoes, spices), ½ cup brown or white rice and vegetables          | <b>\$7.99</b> | <b>13</b> |
| <b>3</b>  | <b>\$7.49</b><br>4oz fresh boneless skinless chicken breast, ½ cup white or brown rice, ½ cup vegetables (peas, carrots, corn and green beans)   | <b>(350 calories)</b> | <b>(370 calories)</b><br>4oz vegetable patty, ½ cup brown or white rice, ½ cup mixed vegetables   | <b>\$7.49</b> | <b>14</b> |
| <b>4</b>  | <b>\$7.49</b><br>4oz extra lean ground beef, 1 cup white or brown rice, ½ cup peas   | <b>(429 calories)</b> | <b>(540 calories)</b><br>2 extra lean bison patties, 1 cup brown or white rice  | <b>\$7.49</b> | <b>15</b> |
| <b>5</b>  | <b>\$7.99</b><br>8oz extra lean bison chili (bison, black beans, kidney beans, whole tomatoes and spices), 1 cup white or brown rice   | <b>(529 calories)</b> | <b>(225 calories)</b><br>3oz jumbo shrimp, ½ cup brown or white rice, ½ cup mixed vegetables  | <b>\$7.49</b> | <b>16</b> |
| <b>6</b>  | <b>\$7.49</b><br>4oz extra lean bison chili (bison, black beans, kidney beans, whole tomatoes and spices), ½ cup white or brown rice, ½ cup vegetables (peas, carrots, corn and green beans) | <b>(312 calories)</b> | <b>(260 calories)</b><br>4 oz Sole, Talapia or Cod, ½ cup brown or white rice, ½ mixed vegetables   | <b>\$7.99</b> | <b>17</b> |
| <b>7</b>  | <b>\$7.49</b><br>4oz salmon patty, ½ cut white or brown rice, ½ cup vegetables (peas, carrots, corn, green beans)  | <b>(335 calories)</b> | <b>(410 calories)</b><br>4oz chicken thighs, ½ cup brown or white rice, ½ mixed vegetables  | <b>\$7.49</b> | <b>18</b> |
| <b>8</b>  | <b>\$7.49</b><br>4 oz albcore tuna, ½ cup of brown or white rice, ½ cup vegetables (peas, corn, carrots, green beans)  | <b>(310 calories)</b> | <b>(189 calories)</b><br><b>HIGH PROTEIN WAFFLE</b> (egg whites and oatmeal)<br>Your choice of chocolate, berry, flax, raisin, and almond                           | <b>\$2.99</b> | <b>19</b> |
| <b>9</b>  | <b>\$7.49</b><br>4oz Fresh turkey breast, ½ cup brown or white rice, 4 oz whole organic green beans  | <b>(370 calories)</b> | <b>(179 calories)</b><br>Karmalean's custom waffles (egg whites, oatmeal, cinnamon)   | <b>\$2.49</b> | <b>20</b> |
| <b>10</b> | <b>\$7.49</b><br>Extra lean Chicken   turkey sausage, ½ cup brown or white rice, ½ cup mixed vegetables  | <b>(340 calories)</b> | <b>(149 calories)</b><br>1 Karmaleans blueberry – cranberry loaf (whole wheat flour, fiber cereal, banana, cranberry, sweetener, apple sauce, eggs and baking soda) | <b>\$2.99</b> | <b>21</b> |
| <b>11</b> | <b>\$7.99</b><br>4oz pork tenderloin, ½ cup brown or white rice, 1 cup vegetable stir fry mix  | <b>(410 calories)</b> | banana chocolate almond loafs also available  |               |           |

All meals are prepared plain with no added • seasoning or preservatives  
There will be a \$10.00 delivery charge within Edmonton area •  
Prices do not include GST •  
Change the vegetables for any meal •  
Prices are subject to change •  
Calories are approximate values •