

the new well[®]

Complete Weight Loss & Wellness Centers

the new well provides lasting weight loss including four pillars for success:

- Individual nutrition plans
- One-on-one counseling
- Easy, effective exercise
- Stress-relieving relaxation

www.weightlossgrantpass.com



APPETIZER

Pot Stickers

Serves 2

Ground Chicken with vegetables wrapped in a noodle and steamed.

Vegetarian: Vegetable stuffing \$9.00

Each serving counts as: 1 once daily starch, 1/2 Protein

Vegetarian: 1 once daily starch, 1/2 Vegetable

SOUP

Mixed Vegetable Soup

Carrots, onions, mushrooms, cabbage, celery, broccoli with chicken or tofu, in homemade chicken or vegetable broth (your choice)

1 Vegetable, 1/2 Protein, 1 condiment \$10.00

LUNCH & DINNER

Carrot Salad

Sliced carrots, green beans, peanuts and tomato with lime sauce dressing

1 Vegetable, 1/2 fat, 1 condiment \$7.00

Yam Yai Salad

Steamed chicken and shrimp with crisp lettuce, cucumber, onion, bean sprouts, shredded carrots, peanuts and hard-boiled egg. Served with a special dressing

1 protein, 1 vegetable, 1/2 fat, 1 condiment \$10.00

Chicken (or Tofu) with Eggplant

Stir fried chicken or Tofu and eggplant with minced garlic, bell peppers and onion in a special home-made sauce and roasted chili pepper (lunch is served with brown rice).

Lunch: 1/2 protein, 1 vegetable and 1 once daily starch, 1 condiment, 1/2 fat \$9.00

Dinner: 1 protein, 2 vegetable, 1 condiment, 1/2 fat \$10.00

Garlic Lovers Delight

Choice of meat or tofu marinated with mushrooms, garlic and white pepper, then sautéed. Served on a bed of steamed mixed vegetables (lunch is served with brown rice)

Lunch: 1/2 protein, 1 vegetable, 1 once daily starch, 1 condiment 1/2 fat \$8.00

Dinner: 1 protein 2 vegetable, 1 condiment, 1/2 fat \$10.00

SEAFOOD

Garlic Shrimp

Shrimp marinated with mushrooms, garlic and white pepper, served on a bed of steamed mixed vegetables. (lunch is served with brown rice)

Lunch: 1/2 protein, 1 vegetable, 1 once daily starch, 1 condiment, 1/2 fat \$9.00
Dinner: 1 protein 2 vegetable, 1 condiment, 1/2 fat \$13.00



"PONGSRI'S"