

A **Dozen Meals** that are
under 600 Calories

Feel Good Every Day with Amanda's

- #1 Hamburger Meal**
Amanda's Original Burger
Garden Salad
Freshly Made Soda
- #2 Seasonal Salad & Apple Meal**
Seasonal Salad
Apple Fries and Yogurt Dip
Iced Tea/Light Cola/ Raspberry Light
- #3 Grilled Chicken Meal**
Grilled Chicken Sandwich
Choice of Milk
- #4 Garden Salad & "Fries" Meal**
Garden Salad
Baked Sweet Potato Fries
Freshly Made Soda
- #5 Cheeseburger & Apple "Fries" Meal**
Cheeseburger
Apple Fries and Yogurt Dip
Iced Tea/Light Cola/Raspberry Light
- #6 Side Sampler Meal**
Garden Salad
Apple and Yogurt Dip
Baked Sweet Potato Fries
Freshly Made Soda
- #7 Hamburger & Milk Meal**
Amanda's Original Burger
Choice of Milk
- #8 Grilled Citrus Chicken Salad Meal**
Grilled Citrus Chicken Salad
Apple Fries and Yogurt Dip
Iced Tea/Light Cola/Raspberry Light
- #9 Grilled Chicken Sandwich & Baked Fries Meal**
Grilled Chicken Sandwich
Baked Fries
Iced Tea/Light Cola/Raspberry Light
- #10 Hamburger & Sides Meal**
Amanda's Original Burger
Garden Salad
Apple Fries and Yogurt Dip
Iced Tea/Light Cola
- #11 Picnic Salad & Apple "Fries" Meal**
Picnic Salad
Apple Fries and Yogurt Dip
Iced Tea/Light Cola/Raspberry Light
- #12 Hamburger & Baked Fries Meal**
Amanda's Original Burger
Baked Sweet Potato Fries
Iced Tea/Light Cola