

# Elite's HCG Meals To Go

**elite** HEALTH CENTER  
IT'S NOT A DIET. IT'S A LIFESTYLE.

Our hCG meals are all organic and made fresh while consisting of only 180-210 calories per meal. Eliminate meal prep with the food shopping, calorie counting and measuring with these quick and easy on the go options. Just heat and eat!

**201-497-2003**

[www.eliteRapidFatLoss.com](http://www.eliteRapidFatLoss.com)  
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 [@elitehealthcenterNJ](https://www.instagram.com/elitehealthcenterNJ) 

## 30 Meals To Go - \$480

+ \$25 shipping

### CHICKEN

#### ◆ **Blackened Chicken with Citrus Salsa**

Pepper baked chicken prepared with a chunky, lemon and lime cilantro salsa.

#### ◆ **Chicken Chili**

Tangy chicken with the tomato apple cider sauce with a kick of cayenne pepper.

#### ◆ **Chicken Parmesan**

Served with a spicy marinara sauce seasoned with oregano, basil, fennel, thyme and garlic.

#### **BBQ Chicken with Green Beans**

Sliced breast of chicken in a tangy hCG friendly BBQ sauce served with a side of green beans.

#### **Asian Chicken with Brussels Sprouts**

Chicken with Brussels sprouts, seasoned with bold new flavors including ginger, onion, red pepper and a splash of lemon

#### ◆ **Garlic Chicken with Onion**

Sweet garlic chicken served with caramelized onions.

Our meals are flash frozen and prepared in a USDA regulated state of the art kitchen. These meals can be stored in the freezer for up to 1 year and in the refrigerator for up to 7 days.

### BEEF

#### ◆ **Rosemary Garlic Steak with Onions**

A grilled steak dinner marinated in our rosemary garlic sauce served with a side of caramelized onions.

#### ◆ **Beef Chili**

Tangy chili with a tomato apple cider sauce with a kick of cayenne pepper.

### FISH

#### **Flounder with Marinara Sauce**

Flounder served with a spicy marinara sauce seasoned with oregano, basil and thyme.

#### **Shrimp with Zucchini**

Sauteed and lightly seasoned with lemon juice, parsley, red pepper flakes, garlic and onion powder.

#### ◆ Favorites

All meals are subject to availability and must be allow 5 business days for delivery.

If you are interested in placing your meals to go order, please email [eliteinfo@elitehealthcenter.com](mailto:eliteinfo@elitehealthcenter.com) with these easy steps:

1) Subject line: Meals to go 2) Full first and last name 3) Which meal plan 4) Meal options and quantities of each

IF PURCHASING 60 OR MORE MEALS, PLEASE CONFIRM SHIPPING ADDRESS