



La Vista Lite

Where it's all good for ya!

Order Form

Fax Form to: 832-251-0582
call: 713 410 2220 (leave an order)
Email: lavistainfo@gmail.com
Drop order off at La Vista on
Fountainview

Small (4oz Protein 1 C. Carbs) \$6.50 Each.

Large (8oz Protein 1 C. Carbs) \$8.50 Each.

- small large Grilled Turkey Meatloaf with Brown Rice and Cascabel Chili Ketchup
- small large Grilled Chicken Breast with Brown Rice & Vegetables
- small large Grilled Chicken Breast & Grilled Vegetables
- small large Grilled Chicken Breast w/Whole Wheat Pasta & Veggies
- small large Buffalo Chili w/Egg white polenta & Pico de Gallo
- small large Grilled Chicken w/Spinach, Black Beans & Israeli Couscous
- small large Grilled Chicken Breast w/Brown Rice, Sweet Potato and Cascabel Chili Ketchup
- small large Grilled Salmon, Grapefruit Cucumber Salsa with Cilantro corn & Rice.
- small large Teriyaki Glazed Chicken, Flash Fired Broccoli
- small large Spicy Shrimp 'N Grits (Egg white Chicken stock Grits)
- small large Pork Loin Ancho Orange glaze, Mango & Strawberry Pico De Gallo, w/fat free cheese Enchilada
- small large Tenderloin Tip Stew w/Pine Nut, Orange, Sage, Spinach and Chicken Stock Polenta.
- small large Grilled Chicken Tortilla Soup with Fresh Cilantro and Veggies
- small large Roasted Chicken with Whipped White Beans, Spinach, Sage, and Tomatoes
- small Burrito—Lean Ground Beef, Cilantro, Corn, Rice

Name: _____

Date Ordered: _____

Phone: _____

Date desired: _____