

# FITNESS ADDICT TULSA

*Low Carb Menu #2*

## **CHICKEN CASSEROLE**

*made with chicken, cheese and broccoli in cheese sauce*

## **BUNLESS SLIDERS**

*add your fave cheese, pickles, mayo or mustard  
side of green beans*

## **STEAK AND GRAVY**

*simmered steak tips in brown gravy  
served with carrots*

## **LOW CARB BREAKFAST DILLA**

*Eggs, Bacon Cheese on a "carb watch" tortilla*

*To order: text quantity of meals to 918-202-8053  
Cash App: \$Tessmack. Venmo: @TessMack  
Fitness Addict Tulsa Meal Prep*