

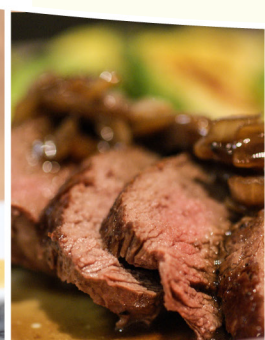


www.ExtremeCleanMeals.com
www.CleanMealsToGo.com

At this time you may only order your meal online and pick up at Los Lupes Restaurant in Carrollton (www.LosLupes.com).

Visit us on the web at ExtremeCleanMeals.com or CleanMealsToGo.com for news and upcoming new products.

Extreme clean meals will be announcing soon the professional athletes, doctors, dieticians, and trainers that have given their endorsement to help make this dream a reality.



SMART NUTRITION FOR BUSY ATHLETES *and people with dietary needs*

Extreme Clean Meals is not just for the bodybuilder or professional athlete, it is also meant to serve the purpose of people with nutritional needs. I am a restaurateur and owner of The Grand Finale Banquet Center and Los Lupes Restaurants, as well as a competitive bodybuilder and collegiate athlete. I have established a cuisine that is so unique most people would only be able to cook this in their own homes.



À LA CARTE

PRICE

CALORIES FAT SODIUM CARBS PROTEIN

	8 oz	cal	g	mg	g	g
Bison ground patty	\$7.00	401	19	179	0	57
81/19 Grass feed ground beef	\$6.00	575	3	194	0	56
Choice hand cut rib eye	\$13.00	921	74	188	0	59
Fresh chicken breast	\$7.00	287	6	120	0	55
Red snapper ceviche	\$9.00	322	3	118	31	47
Red snapper fillet	\$8.00	226	3	145	0	46
Tilapia fillet	\$7.00	287	6	125	0	59
AAA Ahi tuna	\$9.00	295	3	100	0	64
Wild caught Atlantic salmon	\$9.00	408	18	125	0	57
Venison	\$12.00	419	18	175	0	59
Hickory smoked bacon (3oz)	\$3.00	173	13	330	0	12

	4 oz	cal	g	mg	g	g
Green beans	\$0.95	59	0	2	13	3
Steamed broccoli	\$0.95	59	1	69	12	4
Spinach	\$0.95	39	0	118	6	5
Quinoa	\$0.95	202	3	12	36	7
Veg Medley	\$0.95	53	0	83	12	3
Romaine lettuce leaves	\$0.95	29	1	13	6	2
Green onion	\$0.95	42	0	7	9	3
Roasted Jalapeños	\$0.95	8	0	0	2	0
Grilled vegetables	\$0.95	353	12	166	57	7

	4 oz	cal	g	mg	g	g
Brown rice	\$0.95	188	1	2	39	4
Sweet potato slices	\$0.95	168	0	45	30	2
Black beans	\$0.95	222	1	2	40	15
White potato slices	\$0.95	158	0	12	36	4

	oz	Price	cal	g	mg	g	g
Steel oats	8	\$3.00	159	2	9	32	7
w/roasted pecan & blueberries	9.5	\$4.25	442	23	11	57	10
w/roasted pecan & strawberries	9.5	\$4.25	407	23	11	47	10
2 sweet potato protein pancakes	6	\$4.00	150	5	420	20	4
3 egg whites	3	\$4.00	48	0	164	1	11
Hickory smoked bacon	3	\$3.00	173	13	330	0	12

Greetings! My name is Joe Michael Ramirez, and I would like to introduce to you the most innovative food company to date. It was necessary that we launch this new company after years of careful thought and after being disappointed with what is available to myself, family and friends.

Our kitchens are state and federally certified. The chefs and cooks all have their food handler's certificate. The meals are prepared fresh daily and then refrigerated for your convenience.

Carefull evaluation was taken in choosing the menu and the products

that would be prepared; an example of this would be my personal choice of the wild caught Norwegian Atlantic salmon. This particular salmon has the highest omega 3 and 6 in the world.

Most of the food is prepared with coconut oil.



Salt free & gluten free.

FEATURED PLATES \$9

Grilled Tilapia with brown rice and vegetable Medley



Cal: 528g
Fat: 7g
Sodium: 210mg
Carbs: 51g
Protein: 66g



Grilled chicken breast with brown rice and broccoli.



Cal: 534g
Fat: 8g
Sodium: 191mg
Carbs: 51g
Protein: 63g



Seared Ahi Tuna with grilled vegetables



Cal: 365g
Fat: 19g
Sodium: 266mg
Carbs: 75g
Protein: 69g



Fresh ceviche lettuce wraps



Cal: 351g
Fat: 4g
Sodium: 131mg
Carbs: 37g
Protein: 49g



Bison patty with brown rice and grilled vegetables



Cal: 528g
Fat: 7g
Sodium: 210mg
Carbs: 51g
Protein: 66g



Atlantic salmon with brown rice and broccoli



Cal: 528g
Fat: 7g
Sodium: 210mg
Carbs: 51g
Protein: 66g



Choice rib eye with white potato and grilled vegetables



Cal: 528g
Fat: 7g
Sodium: 210mg
Carbs: 51g
Protein: 66g



3 Sweet potato protein pancakes with egg & bacon



Cal: 158g
Fat: 17g
Sodium: 410mg
Carbs: 9g
Protein: 46g

