



**GET**  
**HEALTHY AMERICA!**<sup>™</sup>  
**WHOLESALE ITEMS**

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PLAINVIEW, NY 11803

INDICATE QUANTITY IN THE SPACES PROVIDED

**TOMATO CHEESE PIZZA**

Hearth baked, reduced carb, whole-wheat pizza crust topped with light tomato sauce and a sprinkling part-skim mozzarella cheese

**PRIMAVERA PIZZA**

Hearth baked, reduced carb, whole-wheat pizza crust, topped with broccoli, red peppers and onions, light tomato pizza sauce & a sprinkling of part-skim mozzarella cheese

**EGGPLANT ROLLATINI**

Two lightly seasoned & baked eggplant slices. Filled with a blend of low fat cheese & topped with a zesty marinara sauce

**LASAGNA FLORENTINE**

Whole-wheat lasagna noodles filled with creamy, low fat spinach & cheese filling, topped with tasty marinara sauce & sprinkling of cheese

**BROCCOLI MANICOTTI**

Two tender crepes filled with a blend of low fat cheese and broccoli, topped with a tasty marinara sauce

**LITE ZITI**

The perfect combination of whole-wheat penne pasta and a blend of low fat cheese, topped with tasty marinara sauce and a sprinkling of grated cheese

**BAKED KNISHES**

Great as a side or a snack – No added Fat – No Cholesterol, Spinach, Mushroom, Broccoli & Potato

**VEGETABLE SOUFFLE**

Great as a light meal, side or snack – Low Calories – Fat Free, Spinach, Broccoli, Butternut Squash & Cauliflower

**CHICKEN CACCIATORE**

Boneless chicken breast with onions and green and red peppers in a chunky tomato sauce, served over 100 percent whole wheat pasta

**TURKEY VEGETABLE MEAT LOAF**

A savory loaf of ground turkey breast, spinach, onions, carrots and seasonings, served with a side of whipped butternut squash

**ASIAN CHICKEN AND VEGETABLES**

Boneless chicken breast with onions, peppers, snow peas, mushrooms and water chestnuts, stir fried with a soy ginger sauce and served over a brown and wild rice pilaf

**PENNE PASTA WITH MEAT SAUCE**

100 percent whole-wheat pasta topped with a flavorful meat sauce made with lean ground beef, garlic, onions, peppers, herbs and spices

**TURKEY CHILI WITH BEANS**

A mildly seasoned, hearty, chili made with turkey, tomatoes, kidney beans, chickpeas and fresh-diced vegetables

**FRENCH TOAST SOUFFLE**

Delicious for breakfast, lunch, or as a snack served with maple syrup or fruit topping

**HEARTY CHICKEN & VEGETABLE SOUP**

Chunks of chicken and vegetables in a flavorful light chicken broth

**SOUPS**

A light meal or great compliment with dinner  
Low calorie, low fat, low sodium, organic –

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/> Lentil     | <input type="checkbox"/> Garden Vegetable  |
| <input type="checkbox"/> Split Pea  | <input type="checkbox"/> Vegetarian Chili  |
| <input type="checkbox"/> Black Bean | <input type="checkbox"/> Mushroom & Barley |

**CHEESE BLINTZES**

Two delicate wheat & gluten free crepes filled with blend of low fat cheeses

**CHERRY CHEESE BLINTZES**

Two delicate wheat & gluten free crepes filled with a blend of low fat cheeses and a naturally sweetened cherry filling

**BLUEBERRY CHEESE BLINTZES**

Two delicate wheat & gluten free crepes filled with a blend of low fat cheeses and a naturally sweetened blueberry filling

**TRUFFLE YOGURT POPS**

low fat yogurt pops dipped in delicious Belgium Chocolate – vanilla, chocolate, strawberry and cappuccino