



## Healthy Mouthwatering Meals

cooked FRESH daily especially for YOU  
Monday - Friday  
at



**850.309.7348**

[www.tastebudz.net](http://www.tastebudz.net)

*Judy's Veggie Curry*

*Cajun Chicken Wrap*

*Judy Black Bean Stew*

*Oven Fried Chicken w/ roasted Garlic Mashed Potatoes*

*Herbed Turkey Tetrazini w/ Linguini Pasta*

*Herbed Mediterranean Fish du Jour*

*Asian Stir Fry w/ Tofu*

*Yummy Breakfast Bars*

*Healthy Desserts*

It's your life, don't wait!  
**Eat healthy,**  
start now, call **TasteBudz!**

## New at TasteBudz

To help you eat well TasteBudz is now offering a Healthy Meal Plan with delicious Home Meal Replacements for Lunch and Dinner M-F and Yummy Breakfast Bars to help out in the AM.

All meals are made fresh everyday and use the lowest fats, sugars, and salt but with all the wonderful homemade flavor. Each meal has a protein, a starch and cooked veggies or salad.

We use biodegradable and recyclable containers - absolutely no Styrofoam.

All meals are \$7.50 with a 3 meal minimum weekly.

We send out a biweekly menu with 2 or 3 choices for lunch and dinner.

### This is how it works:

1. Check out the Menu and make selections in AM

- Menu is sent via e-mail biweekly
- Meal selections are sent to TBz via e-mail
- Please call the first few times when making selections so we can get to know you and help you through the selection process.

2. Pick up and pay for Meals @ TasteBudz after 12PM

- 2655-L Capital Circle NE behind Gold's Gym
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3. Enjoy and call again! - **850.309.7348**



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**NEW!** Healthy & Delicious Food for your Body, Mind, and Soul!



**Home Meal Replacement only \$7.50**  
per meal with 3 meal minimum weekly

*"...pick-up take home, eat-in, eat-out... we do all the cooking and it's good for you."*

**2655-L Capital Circle NE Tallahassee, FL 32308** behind Gold's Gym

**850.309.7348** phone  
**850.309.7349** fax

*This coupon will help you find out for yourself!*

**20% off ONE WEEK of Home Meal Replacement**

[loveyourfood@tastebudz.net](mailto:loveyourfood@tastebudz.net)  
[www.tastebudz.net](http://www.tastebudz.net)

**TRUE FOR YOU**