



5106 Old Bullard Road  
Tyler, TX 75703  
903.534.0161

## Menu Items approved for the Healthy Figures Weight Loss plan



Jumbo shrimp cocktail



Breakers house salad, topped with Atlantic salmon



Breakers House salad, topped with chicken



Grilled Mahi Mahi with pineapple/mango relish



Orange Roughy



Grilled Atlantic salmon



Seared Ahi Tuna



Dungeness Crab



Marinated Chicken Breast



Shrimp, salmon, or chicken wrap (substitute lettuce for tortilla)



Tyler: 903.534.0123 Longview: 903.663.6100  
[www.HealthyFiguresWeightLoss.com](http://www.HealthyFiguresWeightLoss.com)