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LINDORA LEAN FOR LIFE



As America's number one medically-based weight control system, **The Lindora Clinic** teaches a multi-faceted approach to weight loss. The *Lindora Lean for Life®* program teaches weight loss by emphasizing healthy lifestyle behaviors and habits that lead to losing and keeping weight off, long-term. And, they provide food recommendations to help make those healthy choices easier.

El Pollo Loco is proud to have *Lindora Lean for Life®* **approved menu items** to help achieve healthier eating goals. Whether you're a member of Lindora or you just want to make healthful menu choices for yourself or your family, you can choose from a list of *Lindora Lean for Life®* certified items on our menu. *Without a doubt, flame-grilled chicken from El Pollo Loco is a quick and easy way to enjoy high quality protein that's full of flavor.*

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