

# MEAL PREP MENU- LUNCH & DINNER



## Meats Options

Salmon  
Shrimp  
Chicken Wings  
Chicken Breast  
Ground Turkey  
Ground Beef

## Carby Sides

Sweet Potatoes  
Roasted Potatoes  
White Rice  
Brown Rice  
Protein Pasta  
Whole Wheat Pasta

## Veggie Sides

Green Beans  
Roasted Broccoli  
Roasted Asparagus  
Sweet Cajun Corn  
Brussel Sprouts  
House Salad  
Caesar Salad  
Seasonal Mixed Veggies

## Choose for the Week

2 Meats  
3 Veggies  
2 Carby Sides

## PRICING

5 meals- \$95-\$175  
10 meals- \$180-\$220  
15 meals- \$255-\$315

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness

\*These items can be prepared raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness