

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

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