

CUSTOM MEAL PREP



❖ 10 MEALS MINIMUM

BUY 20 MEALS AND GET 2 FREE

Create your own fully customized meal plates. Choose a protein and get any 2 side orders of choice (carbohydrate and/or vegetable) Have fun curating your meals!

PROTEIN CHOICES

	QTY	PRICE
Grilled Chicken	6-8 oz	\$12.99
Grilled Chicken	3-5 oz	\$10.99
Ground Turkey meatloaf	6-8 oz	\$12.99
Ground Turkey meatloaf	3-5 oz	\$11.49
Tilapia (Baked)	6-8 oz	\$12.99
Tilapia (Baked)	3-5 oz	\$11.99
Grilled Salmon	8 oz	\$15.49
Grilled Salmon	4 oz	\$12.99
Porkchop stuffed/cornbread	5-7oz	\$11.99
Beef Ribs	6-8 oz	\$15.59

SIDE ORDERS

CARBOHYDRATE	VEGETABLES
White rice	Mixed Vegetables
Yellow rice	Broccoli
Dirty rice w/turkey meat	Spinach
Baked sweet potatoes	String beans
Rice n beans	Collard Greens
Mac n cheese (mini bites)	Carrot