



MEAL PREP PROGRAM ORDER GUIDE



how it works

**MEALS MUST BE ORDERED A MINIMUM OF 3 (working days)
IN ADVANCE**

Meals have a 7 day shelf life when properly refrigerated.

All meals are packed in a microwave safe container

Meals are labeled with content or day of week and meal # whichever you prefer.

\$ PRICING \$

STANDARD MEAL \$8.00

(Includes 1 meat/protein & 2 side dishes. Extra meat/protein +\$3.00)

LUNCH SIZE PREMIUM ENTREES \$9.00

DINNER SIZE PREMIUM ENTREES \$12.00

(Double Meat)



STANDARD MEAL OPTIONS

MEATS/ PROTEINS

PICK ONE

5 OUNCE GRILLED CHICKEN

1/3 LB ANGUS BURGER PATTY

1/3 LB TURKEY BURGER PATTY

VEGGIE BURGER PATTY
(Black bean & Chipotle)

SIDE ORDERS

PICK TWO

SEASONED RED POTATOES

SEASONED BROWN RICE

STEAMED BROCCOLI

2 HARD BOILED EGGS

SWEET POTATO STICKS

GREEN BEANS / BLACK BEANS

PREMIUM ENTREES

SMOTHERED CHICKEN

Grilled chicken breast served on top of seasoned brown rice with mushrooms and onions . Topped with garlic and Parmesan sauce and mozzarella chesses

SALSA CHICKEN

Grilled chicken breast served on top of seasoned brown rice and topped with garden salsa and mozzarella cheese.

MUSHROOM CHICKEN

Grilled chicken breast served on top of seasoned brown rice and topped with homemade mushroom gravy and mozzarella cheese.

TERIYAKI CHICKEN

Grilled chicken breast served on top of seasoned brown rice and topped with teriyaki sauce and mozzarella cheese.

CHICKEN OR CRAB ALFREDO

Grilled chicken breast or crab meat served on top of wheat pasta and topped with steamed broccoli alfredo sauce and parmesan cheese.

CHICKEN PARMESAN

Grilled chicken breast served on top of wheat pasta and topped with tomato sauce and parmesan cheese.

CHICKEN CRAB STIR FRY (STEAK +\$3.00)

Grilled chicken breast or crab meat served on top of seasoned brown rice stir fry vegetables and topped with teriyaki sauce,

FIESTA LIME CHICKEN

Grilled chicken breast served on top of seasoned brown rice. Topped with fiesta lime sauce, mozzarella cheese and tri colored tortilla strips. Served with a side of lime infused salsa.



MEAL PREP PROGRAM ORDER FORM



NAME _____ PHONE _____

E-MAIL _____ PICK UP DATE: _____ TIME: _____ AM PM

MEALS LABELED AS: CONTENT DAY OF WEEK & MEAL #

MONDAY

MEAL#1 _____ MEAL#2 _____ MEAL#3 _____

TUESDAY

MEAL#1 _____ MEAL#2 _____ MEAL#3 _____

WEDNESDAY

MEAL#1 _____ MEAL#2 _____ MEAL#3 _____

THURSDAY

MEAL#1 _____ MEAL#2 _____ MEAL#3 _____

FRIDAY

MEAL#1 _____ MEAL#2 _____ MEAL#3 _____

SATURDAY

MEAL#1 _____ MEAL#2 _____ MEAL#3 _____

SUNDAY

MEAL#1 _____ MEAL#2 _____ MEAL#3 _____



