

Meal Prep Menu

Plan your meals ahead and stay on track with your nutrition goals! Choose your custom meal now!

CHOOSE (1)

Chicken (grilled or shredded)

Chicken Thigh

Ground Turkey

Pork Loin

Sirloin Beef

Blackened Shrimp

Salmon

Lean Beef



CHOOSE (1)

Brown Rice

White Rice

Sweet Potato
(mashed or roasted)

Roasted Potato

Lentils



CHOOSE (1)

Broccoli

Green Beans

Squash

Carrots

Mashed Cauliflower

Special spice
request- let us
know!



6 Meal Minimum

Each Meal \$13.50

HAVE A
REQUEST, LET
US KNOW!

EACH MEAL IS
MADE TO ORDER