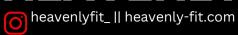


call or text to order **714-767-9726** 

Delivery +\$10 within 20mi.



Olive & Avocado oil used to prepare all meals

Breakfast		Entrees  *Vegan substitute available upon request	
Blueberry Protein Overnight Oats  Cold oats mixed with almond milk, protein powder  chia seeds, cinnamon, topped with greek yogurt,  blueberries and nuts. (DF yogurt available upon request)	er,	Chicken Fajitas  Juicy marinated chicken served with bell peppers, onions and basmati rice.  Calories: 365 Carbs: 39 g Protein: 29 g Fat: 10 g	\$14.99
Calories: 339 Carbs: 42 g Protein: 26 g Fat: 28 g  Cinnamon Apple Protein Overnigh  Cold oats mixed with almond milk, protein powder  chia seeds, topped with apple, cinnamon, and granola.  (DF yogurt available upon request)		Grilled Chicken Salad Chopped lettuce and kale served with grilled chicken, tomatoes and red onions + green goddess dressing. Calories: 227 Carbs: 10 g Protein: 29 g Fat: 8 g	\$13.99
Calories: 370 Carbs: 41 g Protein: 38 g Fat:8 g  Breakfast Plate  Eggs served with red potatoes, red peppers and chicken sausage. + salsa.	\$10.99	Steak Stir-Fry Steak mixed with broccoli, green beans, served with basmati rice + sauce.  Calories: 347 Carbs: 47 g Protein: 34 g Fat: 3.7 g	\$14.99
Calories: 368 Carbs: 28 g Protein: 26 g Fat: 15 g  Energy Bites  No-bake mixture of oats, peanut butter, honey, chia seeds, dark chocolate nibs and coconut flakes. (3)	\$7.99	Korean Ground Beef Bowl Marinated ground beef served with jasmine rice and green beans + Korean glaze sauce. Calories: 396 Carbs: 44 g Protein: 29 g Fat: 11 g	\$14.99
Calories: 339 Carbs: 18 g Protein: 18 g Fat: 5 g  Sausage Skillet  Sausage paired with potatoes, bell peppers and mushrooms. Topped with eggs + salsa.	\$10.99	Spaghetti Squash w/ Meat Sauce Spaghetti Squash served on top of ground turkey red sauce and broccoli. Calories: 281 Carbs: 24 g Protein: 28 g Fat: 8 g	\$13.99
Calories: 375 Carbs: 29 g Protein: 28 g Fat: 10 g  Breakfast Sandwich  Eggs, cheese, turkey bacon, arugula served on gluten free bread.  (DF cheese available upon request)  Calories: 295 Carbs: 14 g Protein: 28 g Fat: 3 g	\$10.99	Surf and Turf Fajitas  Carne asada and shrimp mixed with sautéed onions and bell peppers served with rice.  Calories: 381 Carbs: 34 g Protein: 29 g Fat: 8 g	\$14.99
Beverages			
Celery Juice Watermelon Juice Pineapple Juice Ginger Shot	\$8 \$8 \$8 \$4	5 PLATES - \$65 7 PLATES - \$95 10 PLATES - \$130 12 PLATES - \$160	
Protein Shake	\$9		