

MEAL PREP

Services

**INDIVIDUAL MEALS
(DELIVERED ON SUNDAYS
BETWEEN 3PM - 6PM)
(1 PERSON) 10 - \$175
(2 PEOPLE) 20 - \$310**

***INCLUDES MEAL PREP
CONTAINERS | PLUS \$45
SERVICE FEE***

**CHOICE OF (3) PROTEINS AND
(6) SIDES PER PERSON**

**FAMILY-STYLE MEALS
(DELIVERED ON SUNDAYS
BETWEEN 3PM - 6PM)**

**13X9 INCH PANS (FEEDS 3-4)
\$90 PER PAN (\$10 UP-CHARGE
ON PREMIUM MAINS)**

***INCLUDES COST PANS | PLUS
\$45 SERVICE FEE***

**CHOICE OF (1) PROTEIN AND
(2) SIDE PER PAN**

MAINS

(OTHER CHOICES AVAILABLE)

Cornish Hen
Boneless Chicken Breasts & Thighs
Whole Wings
Wild-Caught Salmon
Red Snapper Filet
Rainbow Trout
Sirloin Steak
Turkey Patties OR Meatballs
Lasagna
Oyster Mushrooms
Grilled Tofu
Chilean Sea Bass (Premium)
Mahi Mahi (Premium)
Colossal Shrimp (Premium)
Lamb (Premium)
Kabobs - Chicken | Lamb | Shrimp

SIDES

(OTHER CHOICES AVAILABLE)

Brussels Sprouts
Swiss Chard
Portobello Mushroom Steaks
Asparagus
Garlic Green Beans
Collard Greens
Sautéed Broccoli, Carrots, and Beets
Mashed OR Riced Cauliflower
Wild OR Brown Rice
Sautéed Squash & Zucchini
Roasted Redskin | Sweet | Purple Potatoes
Quinoa
Linguine | Penne