

MEAL PREP MENU

EatsWithIsis

BREAKFAST MEAL PREP

Includes 1 protein & 2 sides

Proteins

- Eggs – Pan-Fried or Scrambled
(Whole eggs or egg whites available)
 - Add cheese +\$0.50
- Turkey Sausage
- Chicken Sausage
- Turkey Bacon
- Pork Bacon
- Catfish Bites
- Steak (6 oz) *†Premium*

Sides

- Pancakes
- Waffles
- Roasted Potatoes
- Hash Browns
- Sweet Potato Hash
- Buttermilk Biscuits
- Fried Dumplings

LUNCH & DINNER MEAL PREP

Includes 1 protein & 2 sides

Proteins

- Roasted Chicken Thighs
- Chicken Quarters
- Turkey Meatloaf
- Tilapia
- Pork Chops
- Shrimp *†Premium*
- Salmon – Grilled or Baked *†Premium*
- Stuffed Salmon *†Premium*
- Steak *†Premium*
- Garlic & Herb Steak Bites *†Premium*
- Pan-Seared Lamb Chops *†Premium*
- Lobster *†Premium*
- Surf & Turf *†Premium*

Flavor Options

- Jerk: Chicken, Salmon, or Shrimp
- Thai Chili Glaze: Salmon or Shrimp

Sides

- Mashed Potatoes
- Green Beans
- Baked Mac & Cheese
- Garlic Butter Broccolini
- Asparagus Spears
- Roasted Brussels Sprouts
- Zucchini & Squash
- Side Salad
- Coconut Cilantro Rice
- Yellow Rice
- White Rice
- Roasted Potatoes
- Cabbage
- Roasted Corn
- Pico de Gallo
- Mushroom Medley

PREMIUM ITEM NOTICE

Seafood & steak are
PREMIUM items with a
\$5–\$20 upcharge.

Please announce allergy concerns before placing order.

PASTA MENU

- Chicken Alfredo
- Creamy Tuscan (Shrimp, Chicken, or Steak)
- Rasta Pasta (Shrimp, Chicken, or Steak)