



PREPWITHISIS

Meal Prep Menu

INCLUDES 1 PROTEIN & 2 SIDES

BREAKFAST MEAL PREP

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

PASTA MENU

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

PREMIUM ITEM NOTICE

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

Please announce allergy concerns before placing order.

VEGAN OPTIONS (AVAILABLE UPON REQUEST)

ENTRÉES

- Jerk Cauliflower
- BBQ Cauliflower Bites
- Stuffed Bell Peppers (Quinoa & Veggie)
- Vegan Stir Fry
- Lentil or Chickpea Stew
- Vegan Pasta (Creamy or Tomato-Based)

SIDES

- Vegan Mac & Cheese
- Rice & Peas
- Roasted Sweet Potatoes
- Quinoa
- Steamed Vegetables
- Side Salad (Vegan Dressing Available)

THANK YOU FOR CHOOSING PREPWITHISIS

♥ Eat Well. Live Well.