



Healthy Meals

Charleston

The Just Lunches Meal Plan

TWO Healthy Meals
TWO Power Bowls
ONE Mason Jar Salad
\$65

The Professional Meal Plan

ONE Mason Jar Smoothie
ONE Mason Jar Overnight Oats
ONE Island Egg Muffin Meal
TWO Power Bowls
TWO Mason Jar Salads
TWO Healthy Meals
\$102

Family Meals

(serves 6+)

Chicken, Mushroom and Spinach Whole Grain Lasagna
sauce of low-fat Greek yogurt, cottage cheese, parmesan and mozzarella
\$55

Mexican Stuffed Peppers
quinoa, ground turkey, black beans, corn, tomato, onions
topped with shredded cheddar, low-fat Greek yogurt
\$55

Sweet Potato Chicken Hash
prepared with honey, adobe sauce and cilantro
\$55