



Meal Plan Options

Save the Morning! \$36

1. Seabrook Egg White Muffin
2. Kristian's Choice Power-Up Parfait
3. Southwestern Whole Wheat Burrito
4. Local's Overnight Mason Jar Oatmeal
5. Amber's Choice Mason Jar Smoothie

Save the Day! \$54

1. Berry Quinoa Mason Jar Salad
2. Greek Power Bowl
3. Thai Chicken Buddha Bowl
4. Korean Power Bowl
5. Lemon Pepper Salmon/Herb Quinoa/Balsamic Brussels Sprouts

Anytime of the Day! \$99

1. Wadmalaw Egg White Muffin
2. Healthy Elvis Mason Jar Overnight Oats
3. Tropical Kiss Mason Jar Smoothie
4. Roasted Brussels Sprout Mason Jar Salad
5. Farm House Farro Mason Jar Salad
6. Vietnamese BBQ Shrimp Bowl
7. Greek Power Bowl
8. Turkey Meatloaf/Couscous with Spinach/Skillet Okra
9. Flank Steak/Roasted Rosemary Potatoes/Roasted Garlic Asparagus
10. Chicken Marsala with Mushrooms/Mexican Black Beans/Coriander Maple Glazed Carrots

The "Anytime of the Day package" can be broken into 2 deliveries. You can also build your own package based on choosing items from the Healthy Meals Menu that match each category.

Call or text Amber 843.696.4542 with any questions or for placing orders.