



Meal prep menu

9-6 Mon thru Fri/ Sat 9-3

closed on Sundays

7705583554

5 Meals

Veggie	\$55
Vegan	\$85
2 Meat	\$65
3 Meat	\$85
4 Meat	\$105

10 Meals

Veggie	\$100
Vegan	\$130
2 Meat	\$110
3 Meat	\$130
4 Meat	\$150

High Protein

Weight Loss

Weight Gain and more

Meat options (Choose 2)

Shrimp or Steak (add \$10)

Salmon

Any White Fish

Chicken (all parts)

Turkey (Ground/Tenderloin)

Beef

Sides (Choose 4)

All greens

Asparagus

Broccoli/Cauliflower

Green beans

Squash Medley

Black beans

Corn

Brown rice

Red skin potatoes

Assorted pastas

China Mac

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