



Meal prep menu

10-5pm (Mon thru Sat)

770-558-3554 (NO TEXT)

Receive 20% off 10 meal monthly plan

Choose Your Weekly Meats
(Premium meats add \$20)

5 Meals Weekly

Veggie \$70

Vegan \$100

2 Meats \$70

3 Meats \$90

4 Meats \$110

Chicken/Turkey/Beef
Salmon/White fish

(Premium Meats)

Shrimp/Steak

Bison/Lamb

Red Snapper

Choose 4/Chef Choice)

10 Meals Weekly

Veggie \$120

Vegan \$150

2 Meats \$130

3 Meats \$150

4 Meats \$160

Salads

Any veggies

Black beans

Corn

All rices

All potatoes

Assorted Red/White
pastas

www.mealsbychinallc.com