



ASK HOW YOU CAN  
GET 20% OFF

# Meal prep menu

10-5pm M/T/W/F/Sat

770 558 3554 (NO TEXT)

## 5 Meals Weekly

Veggie \$60

Vegan \$80

2 Meat \$70

3 Meat \$90

4 Meat \$110

## 10 Meals Weekly

Veggie \$100

Vegan \$140

2 Meat \$120

3 Meat \$140

4 Meat \$160

## Choose Weekly Meats

Shrimp/Steak (add \$10)

Bison/Lamb (add \$10)

Salmon

Any White Fish

Chicken (Thighs/breasts only)

Turkey/Beef

## Choose 4 Sides Weekly)

Salad blends

Any veggies

Black beans

Corn

All rices

Red skins/Mashed

Sweet potato

Assorted pastas

China Mac