



# Meal prep menu

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

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

[www.mealsbychinallc.com](http://www.mealsbychinallc.com)