



Meal prep menu

Call 10-5pm Mon thru Sat

770 558 3554 (NO TEXT)

COMMIT TO 4 WEEKS
OR MORE & YOU CAN
GET 20% OFF

5 Meals Weekly

Veggie \$70

Vegan \$100

2 Meat \$70

3 Meat \$90

4 Meat \$110

10 Meals Weekly

Veggie \$110

Vegan \$150

2 Meat \$120

3 Meat \$140

4 Meat \$160

Choose Weekly Meats

Shrimp/Steak (add \$20)

Lamb (add \$20)

Bison (add \$10)

Salmon

Any White Fish (Red

Snapper (add \$10)

Chicken (assorted)

Turkey/Beef

Choose 4 Sides Weekly)

Salad blends

Any veggies

Black beans

Corn

All rices

Red skins/Mashed

Sweet potato

Assorted pastas

China Mac