

♥
Eat clean.
Get fit.
Be happy.



Breakfast Options

Potato Breakfast Bowl – GF*

Scrambled egg whites, grilled peppers & red skinned potatoes *Cal 280 Protein 33g Carb 23g Fiber 5g Sugar 8g Fat 4g*

Turkey Egg White Stuffed Pita

Lean sliced turkey, cheddar cheese, egg white stuffed in a wheat pita (*can be made without pita resulting in GF, or using a GF pita for a .20 upcharge*) *Cal 365 Protein 53g Carb 17g Fiber 2g Sugar 1g Fat 8g*

Bacon, Spinach, Egg Omelet – GF*

Egg whites, bacon bits, spinach, tomatoes and green peppers

Cal 218 Protein 28g Carb 8g Fiber 8g Sugar 3g Fat 7g

Chocolate Covered Banana Overnight Oats

– GF*

Oats, layered with whey protein powder, Greek yogurt and bananas. (*Can be made without bananas*) *Cal 207 Protein 20g Carb 22g Fiber 2g Sugar 11g Fat 4g*

Caprese Egg White Pita

Egg whites, fresh mozzarella, tomato, and spinach topped with a balsamic glaze stuffed in a wheat pita (*can be made without pita resulting in GF, or using a GF pita for a .20 upcharge*) *Cal 340 Protein 34g Carb 23g Fiber 3g Sugar 6g Fat 10g*

Egg White & Veg Bowl – GF*

Egg whites paired with a mix of grilled broccoli and tomatoes. *Cal 179 Protein 29g Carb 11g Fiber 4g Sugar 5g Fat 1g*

Lunch/Dinner Options

Deli Snack Box – GF*

Lean turkey slices, 2 hardboiled eggs, cherry tomatoes and Colby cheese cubes. *Cal 371 Protein 42g Carb 7g Fiber 1g Sugar 2g Fat 18g*

Turkey & Spinach Pinwheel + Veggies – GF*

Lean deli turkey slices, cheddar cheese, and baby spinach leaves wrapped up in spinach tortilla paired with baby carrots and cucumbers.

**(Carrots can be swapped for grapes) Cal 294 Protein 35g Carb 23g Fiber 4g Sugar 8g Fat 8g*

Greek Chicken Bowl – GF*

Grilled Greek style chicken, brown rice, cucumber & tomato salad and homemade tzatziki sauce. *Cal 371 Protein 49g Carb 7g Fiber 1g Sugar 2g Fat 18g*

Classic Chef Salad – can be modified for GF*

Grilled chicken, 2 hard boiled eggs (no yolk), cucumber, onion, feta cheese (*for GF* diets, request cheddar*) onion on top of a bed of lettuce and baby spinach *Cal 382 Protein 51g Carb 14g Fiber 7g Sugar 210g Fat 7g*

Sweet & Spicy BBQ Chicken Bowl – GF*

Baked BBQ chicken paired with broccoli and sweet potatoes. *Cal 288 Protein 36g Carb 23g Fiber 5g Sugar 7g Fat 5g*

Honey Sriracha Meatballs & Peppers – GF*

Turkey meatballs and a trio of roasted peppers *Cal 200 Protein 19g Carb 12g Fiber 9g Sugar 15g Fat 9g*

Chili Lime Salmon & Peppers – GF*

Pan seared salmon and a trio of peppers *Cal 168 Protein 27g Carb 10g Fiber 8g Sugar 14g Fat 1g*



Skinny Chicken Teriyaki Bowl – GF* Chicken
prepared with a trio of peppers and riced cauliflower. *Cal 235 Protein 28.2g Carb 15.2g Sugar 9.9g Fat 6.5g*

Chipotle Turkey Stuffed Peppers – GF*
Chipotle seasoned ground turkey, corn, black beans, and tomatoes in peppers, paired with chipotle roasted cauliflower. *Cal 193 Fat 6g Carb 20g Sugar 4g Protein 14g Fiber 7g*

Pesto Grilled Chicken – GF*
Pesto chicken with broccoli, radishes, and tomatoes. *Cal 305 Protein 39g Carb 14g Fiber 5g Sugar 5g Fat 9g*

Skinny Bang Bang Shrimp (or Chicken) – GF*
Shrimp over zoodles with a healthy version of bang bang sauce. *Cal 220 Protein 46g Carb 9g Fiber 3g Sugar 8g Fat 1g*

Grilled Chicken Parm & Zoodles – GF*
Grilled Chicken Parmesan with zoodles (zucchini noodles) and a side of organic tomato sauce. *Cal 268 Carb 17g Protein 41g Fiber 4g Sugar 12g Fat 4g*

“No-Bun” Turkey Burgers – GF*
Turkey burgers topped with provolone cheese, tomato slice and spinach, paired with green bean almandine. *Cal 336 Protein 26g Carb 12g Fiber 6g Sugar 3g Fat 20g*

Turkey Taco Salad
Turkey taco meat with lettuce, brown rice, salsa, Greek yogurt and cheese. *Cal 365 Protein 54g Carb 22g Fiber 4g Sugar 6g Fat 12g*

Buffalo Chicken Cassarole – GF*
Buffalo chicken, riced cauliflower and celery. *Cal 303 Fat 12g Carb 8g Sugar 4g Protein 38g Fiber 5g*

Fall Spiced “No Bean” Chili- GF*
Ground turkey, tomatoes, and corn. *Cal 164 Fat 2g Carb 7g Sugar 2g Protein 28g Fiber 1g*

Chocolate Peanut Butter Protein Muffin – GF*
Cal 121 Carb 11g Protein 9g Fiber 2g Sugar 8g Fat 5g

Chocolate Chip Protein Muffin- GF*
Cal 117 Carb 9g Protein 10g Fiber 3g Sugar 5g Fat 4g



This menu has been altered from original menu to fit criteria needed by WNM. For pictures, please visit homegrownmealprep.com

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