

ORDER DATE:

NAME:

PICK UP DATE:

Contact Number:

LeanFeast team member might contact you if selected product is unavailable for substitution options.

STEP 1: SELECT VEGETARIAN OPTION

Vegetarian 5 Meal Pack \$64.95 PLEASE SELECT A TOTAL OF 5: <input type="checkbox"/> Plant Based Nuggets (4 piece) <input type="checkbox"/> Plant Based Meatballs (4oz) <input type="checkbox"/> Chili Bowl (served with White Rice) <input type="checkbox"/> Mia Special (Carbs & veggies mixture)	Vegetarian 10 Meal Pack \$119.99 2x Plant Based Nuggets (4 piece) 2x Plant Based Meatballs (4oz) 2x Plant Based ground 'meat' 2x Chili Bowl (served with White Rice) 2x Mia Special (Carbs & veggies mixture)
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STEP 1: SELECT SEAFOOD

Please note QUANTITY of protein and checkmark oz for each meal.

	4oz	6oz.	8oz	NOTES:
<input type="checkbox"/> Salmon	<input type="checkbox"/> \$16.99	<input type="checkbox"/> \$17.99	<input type="checkbox"/> \$18.99	
<input type="checkbox"/> Shrimp	<input type="checkbox"/> \$15.99	<input type="checkbox"/> \$16.99	<input type="checkbox"/> \$17.99	
<input type="checkbox"/> Swai	<input type="checkbox"/> \$13.99	<input type="checkbox"/> \$14.99	<input type="checkbox"/> \$15.99	
<input type="checkbox"/> Cod	<input type="checkbox"/> \$16.99	<input type="checkbox"/> \$17.99	<input type="checkbox"/> \$18.99	

Step 2: SELECT CARBS & VEGGIES

NOTES: CARBOHYDRATES WILL BE PLACED IN A RANDOM ORDER (if placing multiple meals)

Carbs:

Basmati White Rice Red Potato Mash Brown Rice Breakfast Hash (potatoes, cheese, kale, green onion)
 Sweet Potato Mash Quinoa Black Beans Yams Cauliflower 'Rice'

NO CARBS— DOUBLE VEGETABLES

Veggies

Broccoli Zucchini Bell Pepper Chinese Salad mix Yellow Corn**
 Cauliflower Squash Fajita mix Harvest Blend Green Peas**
 Spinach Asparagus Kale Green Beans** Veggie Medley**

NO VEGETABLES — DOUBLE CARBS

BURRITOS

\$13.98 4oz Grilled Chicken \$14.98 4oz Seasoned Tritip

Please select 1 carbohydrate and up to 2 vegetables per burrito:

Carbs:

Basmati White Rice Red Potato Mash Brown Rice Breakfast Hash (potatoes, cheese, kale, green onion)
 Sweet Potato Mash Quinoa Black Beans Yams Cauliflower 'Rice'

Vegetables:

Broccoli Zucchini Bell Pepper Chinese Salad mix Yellow Corn**
 Cauliflower Squash Fajita mix Harvest Blend Green Peas**
 Spinach Asparagus Kale Green Beans** Veggie Medley**

Breakfast Burrito: 4oz egg whites, Breakfast hash, Turkey Sausage \$12.98
 Veggie Burrito: Black beans, white rice, mixture of fresh vegetables \$9.98

