

Prep Meal Packs

ORDER DATE:

NAME:

PICK UP DATE:

Contact Number:

LeanFeast will group protein, carbohydrates and vegetables accordingly, unless specified in 'Notes.'

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

Step 1: Select Prep Pack(s) & ounces

- 10 Pack- 10 Chicken Meals
- 10 Pack- 5 Chicken/5 Steak Meals
- 10 Pack- 10 Steak Meals

Choose Protein ounces: 4oz 6oz 8oz

CHEF'S CHOICE: PROTEIN, CARBOHYDRATES & VEGETABLES VARIETY

Step 2: Select Carbohydrates

- | | |
|--|---|
| <input type="checkbox"/> Basmati White Rice | <input type="checkbox"/> Red Potato Mash |
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Breakfast Hash (potatoes, cheese, kale, green onion) |
| <input type="checkbox"/> Sweet Potato Mash | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Cinnamon Sweet Potato Mash. | <input type="checkbox"/> Black Beans |
| <input type="checkbox"/> Yams. | <input type="checkbox"/> Cauliflower 'Rice' |

NO CARBS—Double Vegetables

Step 3: Select Vegetables

- | | | | | |
|--------------------------------------|------------------------------------|--------------------------------------|--|--|
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Chinese Salad mix | <input type="checkbox"/> Yellow Corn** |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Squash | <input type="checkbox"/> Fajita mix | <input type="checkbox"/> Harvest Blend | <input type="checkbox"/> Green Peas** |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Kale | <input type="checkbox"/> Green Beans** | <input type="checkbox"/> Veggie Medley** |

NO VEGETABLES (no substitutes available)

Step 4: Select protein flavors according to selected meal pack(s)

Steak (Tri-tip)

- Seasoned
- Asian 🔥
- BBQ
- Teriyaki
- Buffalo
- Jamaican Jerk
- Fire 🔥🔥🔥

Chicken

- Lemon Pepper
- Buffalo
- Cloves-off (garlic)
- Honey Ginger
- Java (coffee-chili)
- Asian sauce 🔥
- Fire 🔥🔥🔥

- Teriyaki
- BBQ
- Jamaican Jerk
- Dijon
- Vibe'n Lime
- Feast Figheters
- Back Draft

Ground Turkey Seasoning

- Taco Seasoning
- Vibe'n Lime
- Cloves off (garlic)
- Blazin' Heat 🔥
- Feast Fighters Spice
- Chunky Rub
- Back Draft

Add-ons—Additional Charge:

(Please include Quantity)

- 1 oz Turbo Sauce: \$0.99
- 1 oz Teriyaki Sauce: \$0.75
- 2 oz Green Sauce: \$0.75
- 2 oz Red Sauce: \$0.75
- ½ Avocado: \$1.50
- Monterey Jack Cheese: \$0.99

Notes:

*p.b.—plant based // **frozen vegetables // 🔥—spicy

“REVOLUTIONIZING THE MODERN MEAL MARKET”

