

Meal Prep Menu

OPTION ONE

Select One

(5 Meals)	\$65
(10 Meals)	\$120
(14 Meals)	\$161

Entree Selection Limit

ONE
TWO
TWO

An additional \$2.50 will be added per premium meal

BUILD YOUR OWN

Pick One Carb

- Jasmine Rice
- Roasted Sweet Potatoes
- Brown Rice
- Quinoa
- Mashed Potatoes
- Tumeric Rice

Pick One Veggie

- Broccoli
- Brussel Sprouts
- Roasted Mixed Veggies
- Green Beans
- Asparagus
- Mushrooms & Onions

Pick One Protein

- Marinated Grilled Chicken Breast
- Ground Turkey
- Chicken Shawrma (thigh meat)
- Ground Beef

Premium Options

- Pan-Seared Salmon
- Grilled Shrimp

How to order:

1. **Select Plan: Build Your Own Meal**
2. **Submit Order: Place order by Friday at 8:00 PM with a 50% deposit.**
3. **Receive Delivery: Delivery is Sunday before 12:00PM; pay the remaining 50%**

OPTION TWO: MACRO MATCH

Tell us your numbers: Let us know your target daily intake for Protein, Carbohydrates, and fats.

We devise your Plan: Our team of certified nutritionists will use your macro targets to design a delicious, personalized weekly menu just for you. Pricing is tailored to your specific needs.

Enjoy your meal prep: Receive perfectly portioned meals delivered to your door.

All you have to do is heat and eat!

Nutritional Facts

Protein	Calories (est.)	Protein (g)	Carbs (g)	Fat (g)
Chicken Breast (6 oz)	280	54	0	6
Ground Turkey (6 oz)	345	46	0	18
Pan-Seared Salmon (7 oz)	340	38	0	25
Grilled Shrimp (6 oz)	210	40	1	3
Ground Beef (6 oz)	300	35	1	17
Chicken Shawarma (1 cup)	475	35	20	15
Carbohydrates (½ cup)	Calories (est.)	Protein (g)	Carbs (g)	Fat (g)
Jasmine Rice	125	4	45	1
Roasted Sweet Potatoes	90	2	15	1
Brown Rice	110	2.5	23	1
Turmeric Rice	110	2	23	0
Quinoa	115	4	21	2
Mashed Potatoes	215	4	23	6
Vegetable (1 cup)	Calories (est.)	Protein (g)	Carbs (g)	Fat (g)
Broccoli	82	3	6	1
Brussel Sprouts	60	3	8	1
Roasted Veggies (Mixed)	120	3	15	5
Green Beans	80	3	7	1
Mushrooms and Onions	75	4	10	3
Asparagus	70	3	5	1