

Meal Prep Selections 5 meals \$46.00

PICK 2 Bases

Jasmine rice Brown rice Veggie quinoa sweet potato noodles Mixed greens Spiced lentils

PICK 1 PROTEIN (4oz) *Premium protein: +3.00/ meal

Mediterranean chicken BBQ chicken Rosemary shredded chicken Salmon* Filet tips* Shrimp* Falafel Tofu

Sub for Veggie Sub for Base

PICK 1 VEGGIE (4oz)

Roasted broccoli Roasted cauliflower Sautéed mushroom Roasted sweet potato Garlic green beans Balsamic Brussels Chickpeas Black beans

PICK 1 Sauce

lemon herb tahini sriracha ranch chimichurri roasted garlic caesar creamy garlic avocado sweet and sticky balsamic no sauce