

# Meal Prep Selections per 5 meals \$39.00

**PICK 1 PROTEIN** (4oz) Mediterranean chicken BBQ chicken Rosemary shredded chicken Salmon\* Falafel Tofu Filet tips\* Sub for Veggie Sub for Base

**PICK 1 VEGGIE** (4oz) Roasted broccoli Roasted cauliflower Sautéed mushroom Roasted sweet potato Garlic green beans Balsami brussels Chickpeas Black beans

**PICK 2 Bases** (1.5 cup) Jasmine rice Brown rice Veggie quinoa sweet potato noodles Mixed greens Spiced lentils

**PICK 1 Sauce** lemon herb tahini sriracha ranch chimichurri roasted garlic caesar creamy garlic avocado sweet and sticky carrot ginger no sauce

\*Premium protein: +2.00/ meal

Special instructions: \_\_\_\_\_

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OR

Call: 813-512-8306