

OUTSIDE THE BOX CATERING AND EVENTS INC.

# Meal Prep Delivery Menu

**\$125**

**TUESDAY JUNE 15- MONDAY JUNE 21**

## Day 1

**SMOOTHIE** - PINEAPPLE, BLUEBERRY, AND KALE  
**LUNCH**- TACO LETTUCE WRAPS  
**DINNER**- GARLIC BROWN RICE WITH SPINACH &  
MUSHROOMS

## Day 2

**SMOOTHIE** - PINEAPPLE, BLUEBERRY, AND KALE  
**LUNCH**- ZESTY BELL PEPPERS & SPINACH SALAD  
**DINNER**- CUCUMBER SALMON SALAD

## Day 3

**SMOOTHIE** - PINEAPPLE, BLUEBERRY, AND KALE  
**LUNCH**- STRAWBERRY WALNUT SALAD  
**DINNER**- ITALIAN CHICKEN SAUSAGE & VEGGIES

## Day 4

**SMOOTHIE** - PINEAPPLE BANANA  
**LUNCH**- MANDARIN SALAD  
**DINNER**- SHRIMP TACOS

## Day 5

**SMOOTHIE** - PINEAPPLE BANANA  
**LUNCH**- BABY SPINACH & APPLE PECAN SALAD  
**DINNER**- RAINBOW VEGGIE SKILLET

## Day 6

**SMOOTHIE** - PINEAPPLE BANANA  
**LUNCH**- MANGO CHICKEN LETTUCE WRAPS  
**DINNER**- VEGGIE ENCHILADAS

## Day 7

**SMOOTHIE** - PINEAPPLE BANANA  
**LUNCH**- GREEK SALAD  
**DINNER**- ROSEMARY CHICKEN, SNAP PEAS & CARROTS

## SNACKS INCLUDE:

CARAMEL APPLE  
RICE CAKES &  
ALMOND BUTTER  
BANANA CHIPS &  
PEANUT BUTTER  
GREEK YOGURT &  
BERRIES  
PINEAPPLE GUAC &  
CAULIFLOWER  
TORTILLA CHIPS

## Delivery Schedule

DAYS 1-3 WILL BE DELIVERED ON  
MONDAY

DAYS 4-7 WILL BE DELIVERED ON  
THURSDAY

FREE DELIVERY FOR AUTOPAY!

**TO PLACE AN ORDER GO TO**

**[HTTPS://OUTSIDETHEBOX.CATERING/MEAL-PREP](https://outsidethebox.catering/meal-prep)**