

OUTSIDE THE BOX CATERING AND EVENTS INC.

Meal Prep Delivery Menu

\$125

MONDAY MARCH 1- SUNDAY MARCH 7

Day 1

- SMOOTHIE 1-** BERRY BLAST SMOOTHIE
- SNACK 1-** HOMEMADE PEANUT PROTEIN BARS
- SMOOTHIE 2-** CLASSIC APPLE SMOOTHIE
- SNACK 2-** PINEAPPLE CHICKEN SALAD
- MEAL-** ROASTED CAULIFLOWER STEAKS, BROWN RICE AND BROCCOLI
- SNACK 3-** FRESH FRUIT SALAD

Day 2

- SMOOTHIE 1-** BERRY BLAST SMOOTHIE
- SNACK 1-** HOMEMADE PEANUT PROTEIN BARS
- SMOOTHIE 2-** CLASSIC APPLE SMOOTHIE
- SNACK 2-** PINEAPPLE CHICKEN SALAD
- MEAL-** JERK SALMON WITH STEAMED CABBAGE
- SNACK 3-** FRESH FRUIT SALAD

Day 3

- SMOOTHIE 1-** BERRY BLAST SMOOTHIE
- SNACK 1-** HOMEMADE PEANUT PROTEIN BARS
- SMOOTHIE 2-** CLASSIC APPLE SMOOTHIE
- SNACK 2-** PINEAPPLE CHICKEN SALAD
- MEAL-** MUSHROOM ZUCCHINI LASAGNA ROLLS
- SNACK 3-** FRESH FRUIT SALAD

Day 4

- SMOOTHIE 1-** BERRY BLAST SMOOTHIE
- SNACK 1-** HOMEMADE PEANUT PROTEIN BARS
- SMOOTHIE 2-** CLASSIC APPLE SMOOTHIE
- SNACK 2-** PINEAPPLE CHICKEN SALAD
- MEAL-** CAJUN CHICKEN BREAST AND QUAD COLOR PEPPERS
- SNACK 3-** FRESH FRUIT SALAD WITH ALMONDS

Day 5

- SMOOTHIE 1-** AVOCADO ALMOND DETOX SMOOTHIE
- SNACK 1-** MINI TURKEY ROLLS
- SMOOTHIE 2-** MANGO, BANANA AND STRAWBERRY SMOOTHIE
- SNACK 2-** HOMEMADE SWEET POTATO CHIPS
- MEAL-** ROASTED VEGGIE BURRITO
- SNACK 3-** FRESH FRUIT SALAD WITH ALMONDS

Day 6

- SMOOTHIE 1-** AVOCADO ALMOND DETOX SMOOTHIE
- SNACK 1-** MINI TURKEY ROLLS
- SMOOTHIE 2-** MANGO, BANANA AND STRAWBERRY SMOOTHIE
- SNACK 2-** HOMEMADE SWEET POTATO CHIPS
- MEAL-** BLACKENED CATFISH, GREEN BEANS AND CARROTS
- SNACK 3-** FRESH FRUIT SALAD WITH ALMONDS

Day 7

- SMOOTHIE 1-** AVOCADO ALMOND DETOX SMOOTHIE
- SNACK 1-** MINI TURKEY ROLLS
- SMOOTHIE 2-** MANGO, BANANA AND STRAWBERRY SMOOTHIE
- SNACK 2-** HOMEMADE SWEET POTATO CHIPS
- MEAL-** MOJITO LIME CHICKEN BREAST AND GRILLED ASPARAGUS
- SNACK 3-** FRESH FRUIT SALAD WITH ALMONDS

Delivery Schedule

DAYS 1-4 WILL BE DELIVERED ON
SUNDAY 2/21

DAYS 5-7 WILL BE DELIVERED ON
THURSDAY 2/24

CALL OR TEXT 708-577-4272 TO PLACE AN ORDER

WWW.OUTSIDETHEBOX.CATERING

