

**OUTSIDE THE BOX CATERING AND EVENTS INC.**



*OTB's Weekly Meal  
Prep Delivery Service*

*\$125 Per Week*

**INCLUDES 7 MEALS, 14 SMOOTHIES AND 21 SNACKS!**

*NEW HEALTHY LIFESTYLE  
MENU EVERY MONDAY*

- **ORDERS MUST BE PLACED BY NOON ON FRIDAYS!**
- **WEEKLY SUBSCRIBERS RECEIVE FREE DELIVERY!**
- **DELIVERIES ARE MADE ON SUNDAYS AND THURSDAYS.**
- **VEGETARIAN AND PESCETARIAN AVAILABLE AS WELL.**

*Order Now!!!*

CALL/TEXT 708-577-4272

EMAIL [ORDERS@OUTSIDETHEBOX.CATERING](mailto:ORDERS@OUTSIDETHEBOX.CATERING)

**WWW.OUTSIDETHEBOX.CATERING**



**OUTSIDE THE BOX CATERING AND EVENTS INC.**

# Meal Prep Delivery Menu

**\$125**

**MONDAY MARCH 8, 2021- SUNDAY MARCH 14, 2021**

*Eat Well. Live Well. Be Well*

*Day 1*

**SMOOTHIE 1-** PB & J SMOOTHIE

**SNACK 1-** RICE CAKES, APPLES AND ALMOND BUTTER

**SMOOTHIE 2-** FAT BURNING SMOOTHIE

**SNACK 2-** STRAWBERRY WALNUT SALAD

**MEAL-** KETO EGGPLANT LASAGNA

**SNACK 3-** FRESH FRUITS AND NUTS

*Day 2*

**SMOOTHIE 1-** PB & J SMOOTHIE

**SNACK 1-** RICE CAKES, APPLES AND ALMOND BUTTER

**SMOOTHIE 2-** FAT BURNING SMOOTHIE

**SNACK 2-** STRAWBERRY WALNUT SALAD

**MEAL-** MEDITERRANEAN SHRIMP AND VEGGIES

**SNACK 3-** FRESH FRUITS AND NUTS

*Day 3*

**SMOOTHIE 1-** PB & J SMOOTHIE

**SNACK 1-** RICE CAKES, APPLES AND ALMOND BUTTER

**SMOOTHIE 2-** FAT BURNING SMOOTHIE

**SNACK 2-** STRAWBERRY WALNUT SALAD

**MEAL-** BOURBON CHICKEN AND GREEN BEANS

**SNACK 3-** FRESH FRUITS AND NUTS

*Day 4*

**SMOOTHIE 1-** PB & J SMOOTHIE

**SNACK 1-** RICE CAKES, APPLES AND ALMOND BUTTER

**SMOOTHIE 2-** FAT BURNING SMOOTHIE

**SNACK 2-** STRAWBERRY WALNUT SALAD

**MEAL-** SEASONED SALMON AND TOMATO EGGPLANT

**SNACK 3-** FRESH FRUITS AND NUTS

*Day 5*

**SMOOTHIE 1-** BLUEBERRY MUFFIN PROTEIN SMOOTHIE

**SNACK 1-** GREEK YOGURT AND BERRIES

**SMOOTHIE 2-** PINK POWER BEET SMOOTHIE

**SNACK 2-** HOMEMADE CHOCOLATE ALMOND BUTTER PROTEIN BAR

**MEAL-** TASTE THE RAINBOW VEGETABLE PLATE

**SNACK 3-** FRESH FRUITS AND NUTS

*Day 6*

**SMOOTHIE 1-** BLUEBERRY MUFFIN PROTEIN SMOOTHIE

**SNACK 1-** GREEK YOGURT AND BERRIES

**SMOOTHIE 2-** PINK POWER BEET SMOOTHIE

**SNACK 2-** HOMEMADE CHOCOLATE ALMOND BUTTER PROTEIN BAR

**MEAL-** GARLIC HERB WINGS AND GREEN BEANS

**SNACK 3-** FRESH FRUITS AND NUTS

*Day 7*

**SMOOTHIE 1-** BLUEBERRY MUFFIN PROTEIN SMOOTHIE

**SNACK 1-** GREEK YOGURT AND BERRIES

**SMOOTHIE 2-** PINK POWER BEET SMOOTHIE

**SNACK 2-** HOMEMADE CHOCOLATE ALMOND BUTTER PROTEIN BAR

**MEAL-** BAKED CHICKEN, BEETS AND SAUTEED SPINACH

**SNACK 3-** FRESH FRUITS AND NUTS



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