

PREPPE
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CHICKEN

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| 1 | Shredded Buffalo Chicken Shredded chicken in buffalo sauce topped with fresh mozzarella. Cous cous, green beans & cherry tomatoes <i>Cals: 454 F: 14g C: 31g P: 48g</i> | \$13.75 |
| 2 | Rosemary Lemon Chicken *NEW* Grilled lemon chicken w. Green beans & roasted rosemary n garlic white potato wedges. <i>Cals: 355 F: 8g C: 31g P: 36g</i> | \$13.75 |
| 3 | Greek Pita Bowl Grilled chicken, sliced cucumbers, red onions, kalamata olives, cherry tomatoes over romaine lettuce w. whole wheat pita bread & a side of Tzaziki sauce <i>Cals: 381 F: 15g C: 20g P: 37g</i> | \$13.75 |
| 4 | Chicken Pesto Pasta Whole Wheat Pasta smothered in a creamy pine-nut based pesto w, chicken, sun-dried tomatoes, asparagus, cherry tomatoes & shredded parmesan <i>Cals: 594 F: 15g C: 71g P: 47g</i> | \$13.75 |

BEEF

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| 5 | Pesto Steak & Fries Grilled flank steak w. roasted red potato wedges, blanched green beans & a side of basil pesto <i>Cals: 472 F: 18g C: 35g P: 38g</i> | \$14.75 |
| 6 | Cheeseburger Bowl w. lean ground beef, jasmine rice, cheddar cheese, bread & butter pickles, diced red onions and a side of ketchup & mustard. <i>Cals: 479 F: 18g C: 26g P: 43g</i> | \$13.75 |
| 7 | Stuffed Peppers lean ground beef & black bean stuffed peppers, topped with light mozzarella cheese over Basmati rice & cherry tomatoes. <i>Cals: 618 F: 23g C: 47g P: 49g</i> | \$14.75 |

TURKEY

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| 8 | Sweet Potato & Turkey Skillet #fanfavorite Lean ground turkey & sweet potatoes w. sauteed spanish onions, diced sweet peppers, red chili flakes & ground pepper .Topped w. fresh parsley & shredded mozzarella cheese. <i>Cals: 472 F: 18g C: 31g P: 40g</i> | \$13.75 |
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SEAFOOD

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| 9 | Spicy Salmon Bowl *NEW* Baked salmon over a bed of pineapple, edamame, pea pods, purple cabbage, shredded carrots, basmati rice w. A side of our spicy peanut sauce. <i>Cals: 499 F: 15g C: 39g P: 42g</i> | \$14.75 |
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BREAKFAST

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| 10 | Spicy Sausage Stuffed Peppers Spicy ground sausage & scrambled eggs stuffed peppers topped with cheddar cheese, green onions, a side of red potato fries & valentina hot sauce <i>Cals: 410 F: 19g C: 24g P: 19g</i> | \$10.75 |
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Vegetarian

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| 11 | Portobello Tacos w. sautéed portabellas, sweet peppers & onions. black beans, a creamy cilantro-lime sauce & flour tortillas <i>Cals: 346 F: 5g C: 61g P: 14g</i> | \$13.75 |
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Salad

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| 12 | Greek Salad Romaine lettuce & cous cous .Topped with feta, red onions, cherry tomatoes, kalamata olives, cucumbers, green peppers & our house vinaigrette. <i>Cals: 235 F: 10g C: 28g P: 13g</i> | \$12.75 |
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SNACKS - \$5

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| A | Apple Crisp – Protein Overnight Oats Old fashioned oats, chia seeds, almond milk, Greek yogurt, honey crisp apples & brown sugar. <i>Cals: 220 F: 3.2g C: 34g P: 12.8g</i> |
| B | Cocoa Breakfast Protein Muffins (2) Oats, apple sauce, bananas, egg white, cocoa protein, choc chips & baking powder <i>Cals: 192 F: 3g C: 33g P: 8.5g (per one muffin)</i> |
| C | Protein Balls (4) <i>Cals: 180 F: 9g C: 19g P: 7g (per one ball)</i> |
| D | Honey Vanilla Greek Yogurt Parfait Topped w. fresh blueberries, strawberries & granola <i>Cals: 280 F: 9g C: 28g P: 20g</i> |
| E | Chocolate Protein Donuts by Elite Sweets (1) <i>Cals: 210 F: 13 C: 33 P: 13</i> |