



**CHICKEN**

<b>1</b>	<b>Chicken Fried Rice *NEW*</b> Shredded chicken w. carrots, edamame, peas, eggs, garlic, ginger, green onions, jasmine rice & sesame oil  Cals: 565 F: 19g C: 43g P: 50g	<b>\$13.75</b>
<b>2</b>	<b>Shredded BBQ Chicken</b> Shredded bbq chicken w. broccoli & sweet potato mash  Cals: 438 F: 11g C: 45g P: 36g	<b>\$13.75</b>
<b>3</b>	<b>Chicken Pesto Pasta</b> Whole Wheat Pasta smothered in a creamy pine-nut based pesto w. chicken, sun-dried tomatoes, asparagus, cherry tomatoes & shredded parmesan  Cals: 594 F: 15g C: 71g P: 47g	<b>\$13.75</b>
<b>4</b>	<b>Lemon Chicken</b> Grilled lemon chicken w. green beans & brown rice  Cals: 354 F: 8g C: 30g P: 36g	<b>\$13.75</b>

**BEEF**

<b>5</b>	<b>Steak &amp; Potatoes</b> Steak w. smashed red potatoes & parmesan crusted green beans  Cals: 419 F: 18g C: 29g P: 35g	<b>\$14.75</b>
<b>6</b>	<b>Cheeseburger Bowl</b> w. lean ground beef, jasmine rice, cheddar cheese, mustard, pickles & red onions  Cals: 479 F: 18g C: 26g P: 43g	<b>\$13.75</b>

**TURKEY**

<b>7</b>	<b>Honey Sriracha Ground Turkey</b> w. Chopped asparagus, raw sweet peppers, green onions & jasmine rice  Cals: 432 F: 12g C: 37g P: 36g	<b>\$13.75</b>
<b>8</b>	<b>Turkey Burgers</b> Two 4oz Lean Turkey Burgers w. broccoli, smashed red potatoes & a side of bbq sauce  Cals: 420 F: 12g C: 34g P: 34g	<b>\$13.75</b>

**SEAFOOD**

<b>9</b>	<b>Shrimp Fried Rice</b> w. Fresh shrimp, carrots, edamame, peas, eggs, garlic, ginger, green onions, jasmine rice & sesame oil  Cals: 532 F: 14g C: 56g P: 43g	<b>\$14.75</b>
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**BREAKFAST \*NEW\***

<b>10</b>	<b>Egg, Veggie &amp; Potato Scramble</b> scrambled eggs & veggie scramble with baked potatoes & a side of hot sauce  Cals: 332 F: 15g C: 25g P: 24g	<b>\$10.75</b>
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**CHEAT MEAL**

<b>11</b>	<b>Lasagna w. Meat Sauce</b>  Cals: 520 F: 12g C: 70g P: 34g	<b>\$11.75</b>
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**SNACKS - \$5**

<b>A</b>	<b>Overnight Oats - <i>PACKED W PROTEIN!</i> ***</b> w. fresh berries & nuts  Cals: 282 F: 6.7g C: 34g P: 22.5g
<b>B</b>	<b>Chocolate Chip Banana Protein Muffins (2)</b> Cals: 122 F: 1.5g C: 19g P: 7g (per one muffin)
<b>C</b>	<b>Protein Balls (4)</b> Cals: 180 F: 9g C: 19g P: 7g (per one ball)

**SIDES**

<b>Y</b>	<b>Turkey Chili- \$8</b> Mix of savory beans, lean turkey, carrots, onions, tomatoes & jalapenos  Cals: 449 F: 13g C: 30g P: 47g
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**\*NEWS\***

- ☺ • Meals will be now delivered on Sunday afternoons
- Please have your order in by 5 PM on Thursday.
- Menus will now rotate every two weeks
- New email: Angela@preppednplated.com