



CHICKEN

1	Sweet & Sour Chicken w. Grilled pineapple, broccoli, jasmine rice & sesame seeds. <i>Cals: 395 F: 9g C: 37g P: 36g</i>	\$13.75
2	Chicken & Veggie Bowl Grilled chicken, over a bed of mixed veggies, topped with crushed peanuts & cilantro. Served w/ a side of PnP's sweet stir-fry sauce (contains soy). <i>Cals: 488 F: 16g C: 41g P: 40g</i>	\$13.75
3	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

4	Steak & Potatoes Steak w. smashed red potatoes & parmesan crusted green beans <i>Cals: 419 F: 18g C: 29g P: 35g</i>	\$14.75
5	Beef & Broccoli w. jasmine rice, water chestnuts & sesame seeds. Contains sesame & soy <i>Cals: 419 F: 14 C: 36g P: 33g</i>	\$14.75
6	Cheeseburger Bowl w. lean ground beef, jasmine rice, cheddar cheese, mustard, pickles & red onions <i>Cals: 479 F: 18g C: 26g P: 43g</i>	\$13.75

TURKEY

7	Honey Sriracha Ground Turkey w. Chopped asparagus, raw sweet peppers, green onions & jasmine rice <i>Cals: 432 F: 12g C: 37g P: 36g</i>	\$13.75
8	Turkey Burgers Two 4oz Lean Turkey Burgers w. grilled zucchini, smashed red potatoes & a side of bbq sauce <i>Cals: 442 F: 12g C: 40g P: 36g</i>	\$13.75

SEAFOOD

9	Mexican Quinoa Bowl w. Quinoa, shrimp, black beans, sweet peppers, red onions, cilantro & a side of creamy cilantro lime sauce <i>Cals: 402 F: 6g C: 37g P: 54g</i>	\$14.75
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BREAKFAST *NEW*

10	Turkey Sausage Potatoes & Eggs Scrambled eggs w/baked potatoes, sliced turkey sausage & side of hot sauce <i>Cals: 482 F: 25g C: 21g P: 42g</i>	\$10.75
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CHEAT MEAL *NEW*

11	Blue Cheese Burger & Fries Lean, all beef burger on a bun w. crumbled blue cheese, caramelized onions, baked potato fries & ketchup <i>Cals: 626 F: 27g C: 48g P: 44g</i>	\$11.75
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SNACKS - \$5

A	Overnight Oats - <i>PACKED W PROTEIN! ***</i> w. fresh berries & nuts <i>Cals: 282 F: 6.7g C: 34g P: 22.5g</i>
B	Banana Protein Muffins (2) * <i>Now With Chocolate Chips*</i> <i>Cals: 122 F: 1.5g C: 19g P: 7g (per one muffin)</i>
C	Protein Balls (4) <i>Cals: 180 F: 9g C: 19g P: 7g (per one ball)</i>
D	Chocolate Chip Protein Cookies (2) <i>Cals: 214 F: 11g C: 21g P: 8g (per one cookie)</i>

SIDES

X	Sesame Chili Edemame w. a side of Soy sauce - \$5 <i>Cals: 66 F: 3.3g C: 4.6g P: 5.3g</i>
Y	Turkey Chili- \$8 Mix of savory beans, lean turkey, carrots, onions, tomatoes & jalapenos <i>Cals: 449 F: 13g C: 30g P: 47g</i>

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