

MEAL PREP PRICING

Breakfast: \$6.99 plus tax
Lunch: \$7.99 to 8.99 plus tax
Dinner: \$8.99 to 9.99 plus tax

Fully Loaded packages
includes three meals per day

Monthly meal plan: \$389.99

Bi-weekly meal plan: \$170.99

Weekly meal plan: \$105.99

All fully loaded packages comes with two snacks per day

Intermediate Package
includes two meals per day

Monthly meal plan: \$250.99

Bi-weekly meal plan: \$140.99

Weekly meal plan: \$70.99

Beginners Package
includes one meal per day

Monthly meal plan: \$155.99

Bi-weekly meal plan: \$80.99

Weekly meal plan: \$40.99

PERSONAL CHEF SERVICES
STARTING AT \$75 PER PERSON

CONTACT US



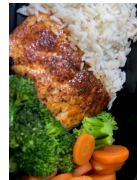
(830)259-7940



3D'S Catering & Co.

VEGAN OPTIONS AVAILABLE |

CALL FOR CATERING QUOTES!



ALSO CHECK US OUT ON:  

TAKE ADVANTAGE OF THESE AMAZING DISCOUNTS:

LOYALTY CUSTOMER 15%
MILITARY 15%
FITNESS TRAINER REFERRAL 10%



BREAKFAST

Sweet Potato and Egg White Casserole
(turkey sausage)

Egg White, Steak, and Potato Platter
with sautéed onions & mushrooms

Triple 3 Platter
Boiled Eggs, Turkey Bacon, & Grapefruit

Low-fat Protein Pancakes
with strawberries & turkey sausage or bacon

Omelet Muffins
(spinach, peppers, onions, turkey sausage)

Steel Cut Oatmeal *with berries & raw honey*

Fruit Parfait

Bacon, Egg, and Spinach Muffin

Sausage/Sweet Potato Burrito Peaches,

Cherry and Honey Oatmeal Tomato-

Parmesan Quiche

SALADS

Pecan and Cranberry Spring Salad
cucumber, red onion, carrots, cherry tomato, and egg slices

Super Green Salad
spinach, kale, cucumber, green peppers, snow peas, green onion, & avocado

Citrus Spring Pik Salad
arugula, spinach, mandarins, cherry tomatoes, cucumbers, red onions, & carrots

Fruit Salad w/ Granola and Honey

LUNCH | DINNER

- Braised or Grilled Chicken
- Creamy Parmesan Chicken Kabobs
- Creamy Chicken Pasta
- Chicken Fajitas
- Stuffed Chicken (cheese and spinach)
- Chicken Marsala
- Wings (6piece) flavors: sweet chili, lemon pepper, buffalo, or BBQ
- Smothered Turkey Breast
- Mediterranean Turkey Burger
- Turkey Taco Salad
- Beef Tips
- Honey Mustard Short Ribs
- Roasted Beef
- Meat loaf
- Honey-Glazed or Sun-dried Tomato -
- Salmon Salmon Cakes
- Lemon Pepper Salmon or Flounder
- Crab Cake bowl
- Stuffed Peppers
- Potato Skillet
- Zucchini Enchilada
- Spaghetti Squash and Meatballs
- Loaded Mac n Cheese



LUNCH | DINNER cont.

Deli Wraps/Sandwich
BLT Sandwich
Chicken Salad (Salad, sandwich, or charcuterie box)

SIDES

Zucchini
Squash (yellow or butternut)
Potatoes (red, sweet, or white)
Cabbage
Rice
Asparagus
Brussels sprouts
Corn
Snow peas
Green beans
Broccoli
Spinach
Cauliflower