

Trainer Mitch Meal Prep

Orders Due by Saturday Night | Pickups Sunday at 5:00pm

À la carte meals – Each meal comes standard with one serving of protein, vegetables, and a healthy starch; either potatoes or grains.

Breakfast Bowls: \$8 | Lunch Boxes: \$8 | Zack's Prepped Entrées: \$10

Chicken
Grains | Potato
Vegetables

Steak
Grains | Potato
Vegetables

Ground Beef
Patty | Ground
Grains | Potato
Vegetables

Seafood
Shrimp | Fish
Grains | Potato
Vegetables

Salad
Chicken | Steak
Garden

Breakfast Bowls
Varies Weekly

Order Your Meals like this:

“Hey, Blose Brothers, I'll pick up 4 meals on Sunday. “I'D LIKE 1 SEAFOOD WITH POTATOES, 1 SEAFOOD WITH GRAINS, 1 CHICKEN SALAD, & 1 TRAINER MITCH SURPRISE”

