

## Trainer Mitch's "Ready to Eat" Prepared Meal Service

### \$8 Breakfast Wrap

-sausage, egg, and cheese plus something green duh

### \$10 Flapjacked and Sausage

-NO ALUMINIUM in these cakes bro! Only pure gains and delicious minerals from reduced tree water. Plus two locally pasture raised sausage patties.

### \$9 Fiesta Lime Chicken Bowl

-fajita seasoned chicken in a bowl of chef Zack's world class beans and rice blend along with PMOs. This is a protein packed bowl perfect for that muscle building or just a good sustained satiation.

### \$9 Garlic Peppercorn Steak

-This is Zack's special quadpeppercorn steak, grilled, and sliced with our garlic parmesan encrusted roasted taters along with some honey carrots.

### \$10 Asian Fusion Salmon

-A sesame and teriyaki salmon that includes buttery broccoli. (real butter. Not that whirl junk) and Zack's famous rice blend.

### \$13 Bahama Mama Shrimp

-Coconut pineapple shrimp with garlic snow peas and Zack's famous rice blend.

### \$10 Medicinal Salads

-these salads contain the light water and magnetism that you need for an electron punch to the mitochondria. Included in the salad standard is tomato, onion, cucumber and goji berries. Comes with the best dressing ever created. The Trainer Mitch Vin.

### \$4 The IAM Bars (2 portions)

-these bars are the mantra that you need on the go in your busy life. We have IAM focus bars which have good fuel and lions mane mushroom powder

### \$15 THE INFAMOUS ENTRÉE

-go ahead and try to ask us what it is ahead of time. We wont know until the last minute. But what we do know is that its going to be the best meal you eat all week. Chef Zack and Trainer Mitch Approved.

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These are created for your convenience and your health in mind.

**The Busy Bee \$35**

**- 4 meals**

**The "Win the Day" - \$55**

**-6 meals**

**The Fine Diner \$65**

**- 4 meals 2 Chef Zack Entrees**

**The Cowboy \$100**

**- 12 meals**