



**ME  
NU**

SINCE 2019

## MEAL PREP

**\*PACKAGE DEALS AVAILABLE\***  
**STARTING AT \$110**  
**10 | 15 | 20**

### **\*PESTO CHICKEN PASTA\***

CAL 480 | F 19G | C 40G | P 37G  
PESTO CHICKEN OVER PASTA WITH  
DICED TOMATOES, MOZZARELLA, &  
BALSAMIC

### **\*BEEF PITA POPPER\***

CAL 510 | F 25G | C 44G | P 27G  
BEEF STRIPS IN A SPICY JALAPENO  
SAUCE WITH FRIED PICKLES, GREEN  
ONIONS, & CHEESE IN A PITA

### **\*5-CHEESE CHICKEN PASTA\***

CAL 360 | F 6G | C 42G | P 35G  
CHICKEN OVER WHOLE WHEAT PASTA  
WITH MARINARA & A 5-CHEESE  
BLEND

### **\*BRISKET MAC & CHEESE\***

CAL 470 | F 22G | C 40G | P 27G  
SLOW-SMOKED SLICED BRISKET  
WITH SPICY MAC & CHEESE

### **\*SPICY BEEF BOWL\***

CAL 340 | F 10G | C 35G | P 28G  
SHREDDED BEEF, ONIONS, PEPPERS,  
& JALAPENOS IN QUESO OVER  
BROWN RICE

### **\*SWEET CHILI CHICKEN STIR FRY\***

CAL 500 F 20G | C 58G | P 22G  
CHICKEN IN SWEET CHILI SAUCE  
WITH VEGGIES & PEANUTS OVER  
WHITE RICE

### **\*CHICKEN & WAFFLE FRY BOWL\***

CAL 460 | F 15G | C 52G | P 30G  
CHICKEN IN HONEY MUSTARD OVER  
WAFFLE FRIES WITH BREAD &  
BUTTER PICKLES & DICED TOMATOES

### **\*ADOBO SAUCE CHICKEN\***

CAL 409 | F 9G | C 40G | P 42G  
CHICKEN, CORN, & PEPPERS IN AN  
ADOBO SAUCE OVER AN ANCIENT  
GRAINS BLEND

### **\*BBQ BEEF PIE\***

CAL 350 | F 11G | C 35G | P 27G  
SHREDDED BEEF OVER MASHED  
POTATOES WITH CORN, ONION STRAWS,  
CHEESE & BBQ SAUCE

### **\*BBQ CHICKEN PASTA\***

CAL 470 | F 7G | C 65G | P 36G  
BBQ CHICKEN WITH PEPPERS &  
ONIONS OVER PASTA IN ALFREDO  
SAUCE

### **\*HERB CITRUS CHICKEN\***

CAL 360 | F 14G | C 32G | P 31G |  
CHICKEN BREAST IN A LEMON  
CREAM SAUCE OVER ANCIENT  
GRAINS WITH ASPARAGUS