

GRILLFIRE GOURMET

SAMPLE MEAL PREP MENU

LEMON GARLIC CHICKEN BREAST

ROASTED BRUSSEL SPROUTS

38G PROTEIN 6G CARBS

GARLIC HERB GROUND BEEF BOWL

32G PROTEIN 7G CARBS

TURKEY MEATLOAF

34G PROTEIN 6G CARBS

GRILLED STEAK & MUSHROOMS

40G PROTEIN 6G CARBS

CHIMICHURRI SHRIMP BOWL

30G PROTEIN 6G CARBS

HONEY-LEMON SALMON & ASPARAGUS

30G PROTEIN 6G CARBS

LEMON-DILL SHRIMP SKILLET

30G PROTEIN 4G CARBS

STEAK TIP STIR-FRY

30G PROTEIN 4G CARBS

SALMON WRAP

35G PROTEIN 4G CARBS

MORE OPTIONS AVAILABLE UPON REQUEST



GRILLFIRE GOURMET

PROTEIN BY THE POUND

GRILLED FLANK STEAK

\$15/POUND

GRILLED GRASS FED STEAK

\$19/POUND

POACHED/GRILLED CHICKEN BREAST

\$10/POUND

GRILLED SALMON

FARM RAISED \$15/POUND

WILD CAUGHT \$20/POUND

BROILED SHRIMP

\$15/POUND

LOBSTER MEAT

\$20/POUND



