



## OTB'S BUILD YOUR OWN MEAL PREP ORDER FORM

WEEK OF \_\_\_\_\_

YOUR NAME: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_  
EMAIL ADDRESS: \_\_\_\_\_

PICK UP OR DELIVERY: \_\_\_\_\_  
DELIVERY ADDRESS: \_\_\_\_\_  
\_\_\_\_\_



### How To Place an Order

*Step 1*

GO TO [HTTPS://OTBCARRYOUT.COM/MEAL-PREP](https://OTBCARRYOUT.COM/MEAL-PREP)  
PURCHASE THE BUILD YOUR OWN MEAL PREP ITEM

*Step 2*

MAKE YOUR SELECTIONS BY CLICKING [HERE](#)

OUR RESTAURANT IS OPEN THURSDAY-SUNDAY FROM 11 AM-7 PM  
1734 W 35TH ST. CHICAGO, IL 60609

### Delivery 1 Sunday

#### 4 LUNCHES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### 4 DINNERS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Delivery 2 Thursday

#### 3 LUNCHES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### 3 DINNERS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

ALLERGIES OR THINGS WE SHOULD KNOW

\_\_\_\_\_  
\_\_\_\_\_



#### TO PLACE AN ORDER

GO TO [HTTPS://OTBCARRYOUT.COM/MEAL-PREP](https://OTBCARRYOUT.COM/MEAL-PREP)

ORDERS MAY ALSO BE PLACED OR PICKED UP FROM OUR RESTAURANT  
1734 WEST 35TH ST. CHICAGO, IL 60609



WE LOOK FORWARD TO FEEDING YOU.

PLEASE GIVE US A CALL AT 773-475-6533 OR EMAIL  
[ORDERS@OTBCARRYOUT](mailto:ORDERS@OTBCARRYOUT) IF YOU HAVE ANY QUESTIONS



# OTB's Build Your Own Meal Prep order Selections

**\$175 per week**

**\$175 per week**

THIS PLAN INCLUDES A TOTAL OF 14 MEALS PER WEEK. 8 MEALS ARE DELIVERED ON SUNDAY, 6 MEALS ARE DELIVERED ON THURSDAY.

PLEASE SELECT ONE ENTREE AND TWO SIDES OR ONE FULL-SIZE SALAD PER MEAL.

PLEASE LIMIT YOUR SALMON SELECTIONS TO NO MORE THAN 4 PER WEEK. ADDITIONAL SELECTIONS WILL BE INVOICED AT \$3 EACH.

## Entrees

Honey BBQ Salmon  
Cajun Salmon  
Salmon & Herbs  
Jerk Salmon  
Lamb Chops +\$5  
Beef Short Ribs +\$5  
Beef Ribeye Steak +\$5  
Crab Cakes +3  
Cajun Pork Chop  
Cajun Chicken Breast  
Garlic & Herb Chicken Breast  
Jerk Chicken  
Honey BBQ Vegan Meatloaf

## Sides

Meka's Mac & Cheese,  
Seasonal Veggies Broccoli  
Dirty Rice  
Yellow Rice  
Red Beans & Rice  
Grandma's Greens  
Sauteed Spinach  
Vegan Mac & Cheese  
Southern Sweet Potatoes  
Cabbage  
Smashed Potatoes  
Asparagus  
Garlic Butter Baby Red  
Potatoes  
Caesar Salad  
Garden Salad

## Pastas

Veggie Lasagna  
Vegan Lasagna  
Three Meat Lasagna  
Jerk Chicken & Shrimp Alfredo Pasta  
Garlic Shrimp & Veggies  
OTB's Original Cajun Pasta  
Cajun Veggie Pasta  
Jerk Chicken & Shrimp Alfredo Pasta  
Veggie Meatball Marinara  
Creamy Spinach & Mushroom Alfredo Pasta  
Vegan Veggie Mac & Cheese  
Fettuccini Alfredo  
Fettuccini Alfredo with Chicken or Shrimp  
*Pasta selections include one garden salad  
with your choice of dressing.  
Blue Cheese, Ranch, French, Italian,  
Honey Mustard or Balsamic Vinaigrette.*

## Salads

**\*Caesar Salad** Romaine lettuce, croutons, and parmesan cheese with caesar dressing.

**\*Baby Spinach & Apple Pecan Salad** Organic Spring Mix, Apples, Candied Pecans, Cranberries, and Feta Cheese with a raspberry vinaigrette.

**\*Strawberry Walnut Salad** Organic Spring Mix, Sliced Strawberries, Feta Cheese, and Glazed Walnuts with Raspberry Vinaigrette.

**\*Garden Salad** Organic Spring Mix, Cucumbers, Cherry Tomatoes, Red Onions, and Mild Cheddar Cheese with your choice of dressing. Blue Cheese, Ranch, French, Italian, Honey Mustard, or Balsamic Vinaigrette.

**\*Super Spinach Salad** Spinach, Quinoa, Cranberries, Shredded Carrots, Cherry Tomatoes and Poppyseed Dressing.

**Turkey Taco Salad** Organic Spring Mix, Black Beans, Corn, Small Diced Red Peppers, and Mexican Cheese with Creamy Salsa Dressing.

*\*Please let us know if you wish to add chicken or shrimp to your salad.*

### To PLACE AN ORDER

GO TO [HTTPS://OTBCARRYOUT.COM/MEAL-PREP](https://otbcarryout.com/meal-prep)

ORDERS MAY ALSO BE PLACED OR PICKED UP FROM OUR RESTAURANT

1734 WEST 35TH ST. CHICAGO, IL 60609