

Outside the Box Carryout and Catering Inc.

05/23-05/29

WEEKLY MEAL PREP MENU

\$125 per week

7 LUNCHES

Salmon & Sun-Dried Tomato Caesar Salad
Turkey Taco Lettuce Wraps
Mango, Kale & Chicken Salad
Chopped Veggie & Feta Salad
Honey BBQ Chicken Salad
Summer Shrimp & Kale Salad
Veggie Wrap

OUTSIDE THE BOX
CARRYOUT & CATERING, INC.



7 DINNERS

Grilled Salmon & Veggies
Zucchini Spaghetti & Veggie Meatballs
Mojito Lime Chicken Breast with Asparagus
Grilled Chicken, Pineapples, & Green Beans
Hawaiian BBQ Steak Stir-Fry
Cajun Shrimp & Cauliflower Grits
Grilled Jerk Chicken and Veggies

SNACKS & SMOOTHIES

Green Apples, Blueberries & Walnuts
Almond Butter Energy Balls
Pine Colada Smoothie
Vanilla Chai Breakfast Smoothie



Weekly Subscribers Save 10%



@OTBCHICAGO

THIS IS A LOW CARB, LESS THAN 1500 CALORIES PER DAY MENU.
CLIENTS RECEIVE TWO ORDERS PER WEEK ON SUNDAYS AND THURSDAYS.

ORDER NOW

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

OR CALL 773-475-6533

1734 WEST 35TH ST. CHICAGO, IL 60609

Outside the Box Carryout and Catering Inc.



Weekly Meal Prep

\$125 per week includes

7 SMOOTHIES

7 LUNCHES

7 DINNERS

14 SNACKS

Snacks, Smoothies & Meals for
Days 1-4 are distributed on
Sundays 4-7 PM.

Snacks, Smoothies & Meals for
Days 5-7 are distributed on
Thursdays 4-7 PM.

Weekly Subscribers Save 10%

CHICAGO AREA DELIVERY \$20 PER WEEK

SUBURB DELIVERY \$30 PER WEEK

FREE PICK UP FROM OUR RESTAURANT



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