

Outside the Box Carryout and Catering Inc.

JANUARY 22, 2023

WEEKLY MEAL PREP MENU

\$150 per week

5 LUNCHES

Turkey Taco Salad
Broccoli Chicken Salad
Southwest Vegan Wrap
Strawberry Walnut Chicken Salad
Jerk Salmon Caesar Wrap

OUTSIDE THE BOX
CARRYOUT & CATERING, INC.



5 DINNERS

Bunless Jerk Turkey Burgers and Sweet Potato Wedges
Cajun Salmon Bites, Shrimp & Broccoli
Keto Beef Stuffed Peppers
Salmon Lemon and Veggies
Keto Stuffed Portobello Mushrooms

10 SNACKS & 5 SMOOTHIES

Fresh Fruit Cups
Lemon Fat Bombs
Kiwi Ginger Smoothies



Weekly Subscribers Save 10%



@OTBCHICAGO

THIS IS A LOW-CARB, LESS THAN 1500 CALORIES PER DAY MENU.

MEAL PREP BOXES ARE AVAILABLE FOR DELIVERY OR PICK UP ON SUNDAYS 3 PM- 6 PM.

ORDERS MUST BE PLACED BEFORE 7 PM ON THURSDAY.

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

\$150 per week includes

5 SMOOTHIES

5 LUNCHES

5 DINNERS

10 SNACKS

Meal Prep Boxes are available for pick up or delivery on Sundays from 3 PM-7 PM.

Orders must be placed before 7 PM on Thursdays.

CHICAGO AREA DELIVERY \$20 PER WEEK

SUBURB DELIVERY \$30 PER WEEK

FREE PICK UP FROM OUR RESTAURANT



Weekly Subscribers Save 10%



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