

**NAME:** \_\_\_\_\_

## MEAL PREP SIGNATURE DISHES

### HONEY GARLIC STEAK

Served with Sweet Potato Wedges & Grilled Broccoli  
Cal: 500, Carbs: 40G, Pro: 49G, Fats" 19G

QTY: \_\_\_\_\_

### POWER BOWL

Sliced Steak, Jasmine Rice, Caramelized Onions & Broccoli  
Cal: 540, Carbs: 60G, Pro: 41G, Fats" 15G

QTY: \_\_\_\_\_

### PENNE ALLA VODKA WITH GRILLED CHICKEN

Whole Wheat Penne Pasta with Vodka Sauce & Grilled Chicken  
Cal: 420, Carbs: 33G, Protein: 41G, Fats" 14G

QTY: \_\_\_\_\_

### BUFFALO CHICKEN BOWL

Grilled Chicken, Jasmine Rice, Pico De Gallo, Gorgonzola, Homemade Low Fat Low Sodium Buffalo Sauce  
Cal: 500, Carbs: 33G, Pro: 46G, Fats" 14G

QTY: \_\_\_\_\_

### BBQ BIG BOY

Grilled BBQ Chicken, Caramelized Onions, Black Beans, Red Bell Peppers & Jasmine Rice  
Cal: 410, Carbs: 53G, Pro: 37G, Fats" 6G

QTY: \_\_\_\_\_

### STEAK FAIJITA BOWL

Sliced Teriyaki Steak, Garlic Sauteed Bell Peppers & Onions, Basmati Rice  
Cal: 510, Carbs: 17G, Pro: 48G, Fats" 12G

QTY: \_\_\_\_\_

### MANGO HABANERO SALMON

Served with Sweet Potatoes & String Beans  
Cal: 620, Carbs: 54G, Pro: 41G, Fats" 26G

QTY: \_\_\_\_\_

### CHICKEN BACON RANCH

Grilled Chicken, Jasmine Rice, Turkey Bacon, Cherry Tomatoes, Pepper Jack Cheese, Low-fat Ranch  
Cal: 480, Carbs: 44G, Pro: 37G, Fats" 11G

QTY: \_\_\_\_\_

### CHICKEN MEATBALLS WITH PASTA

Served with Whole Wheat Pasta & Basil Marinara  
Cal: 463, Carbs: 48G, Pro: 42G, Fats" 10G

QTY: \_\_\_\_\_

### BRONX BOMBER

Grilled Chicken, Jasmine Rice, Cherry Pepper, Bell Peppers, Caramelized Onions, Cheddar Cheese, Chipotle Aioli  
Cal: 440, Carbs: 44G, Pro: 37G, Fats" 11G

QTY: \_\_\_\_\_

### TURKEY BURGER ( 5OZ)

Served with Pepper Jack Cheese, Sweet Potato Wedges & Broccoli  
Cal: 490, Carbs: 41G, Pro: 36G, Fats" 12G

QTY: \_\_\_\_\_

### CHICKEN FAIJITA BOWL

Teriyaki Chicken, Basmati Rice, Garlic Sauteed Bell Peppers & Onions  
Cal: 475, Carbs: 30G, Pro: 45G, Fats: 11

QTY: \_\_\_\_\_

### SHOGUN BOWL

Teriyaki Grilled Chicken, Rice, Corn Salsa & Pepper Jack Cheese  
Cal: 390, Carbs: 42G, Pro: 37G, Fats" 10G

QTY: \_\_\_\_\_

### BISON BURGER

Topped with Cheddar Cheese, Fig Jam & Sweet Potato Wedges  
Cal: 500, Carbs: 46G, Pro: 32G, Fats" 14G

QTY: \_\_\_\_\_

### TEX MEX CHICKEN

Served with Black Beans, Corn, Broccoli & Jasmine Rice  
Cal: 460, Carbs: 51G, Pro: 44G, Fats" 9G

QTY: \_\_\_\_\_

### HONEY HABANERO CHICKEN MEATBALLS

Served with Rice, Black Beans, Corn & Caramelized Onions  
Cal: 393, Carbs: 30G, Pro: 39G, Fats" 19G

QTY: \_\_\_\_\_

### GARLIC PARMSEAN CHICKEN

Garlic Parmesan Chicken String Beans & Sweet Potatoes  
Cal: 486, Carbs: 49G, Pro: 50G, Fats" 10G

QTY: \_\_\_\_\_

### GENERAL TSO

Served with Grilled Chicken, Jasmine Rice, Broccoli, Bell Peppers & Caramelized Onions & Sesame Seeds  
Cal: 566, Carbs: 58G, Pro: 48G, Fats" 15G

QTY: \_\_\_\_\_

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| <b>THE BIGGIE MAC BOWL</b><br>Jasmine Rice, Ground Beef, Cheddar Cheese, Onions,<br>Pickles with a Low Fat Thousand Island Dressing<br>Cal: 610, Carbs: 44G, Pro: 40G, Fats" 29G<br>QTY:_____ | <b>BUFFALO CHICKEN MEATBALLS</b><br>Jasmine Rice, Broccoli with a Homemade Low Fat Low Sodium<br>Buffalo Sauce<br>Cal: 450, Carbs: 42G, Pro: 48G, Fats" 10G<br>QTY:_____ |
| <b>BEEF ENCHILADA BOWL</b><br>Jasmine Rice, Ground Beef, Black Beans, Bell Peppers,<br>Cheddar Cheese & Chipotle Aioli<br>Cal: 590, Carbs: 46G, Protein: 40G, Fats": 22G<br>QTY:_____         | <b>LAKELAND BOWL</b><br>Grilled Chicken, Jasmine Rice, Broccoli, Caramelized Onions<br>with Teriyaki Sauce<br>Cal: 410, Carbs: 41G, Pro: 40G, Fats" 12G<br>QTY:_____     |
| <b>CHICKEN CAESAR WRAP</b><br>Romaine Lettuce, Grilled Chicken, Parmesan Cheese &<br>Low Fat Caesar Dressing<br>Cal: 440, Carbs: 40G, Protein: 42G, Fats": 15G<br>QTY:_____                   | <b>BUFFALO CHICKEN WRAP</b><br>Buffalo Chicken, Gorgonzola Cheese & Pico De Gallo<br>Cal: 410, Carbs: 41G, Pro: 40G, Fats" 12G<br>QTY:_____                              |
| <b>PESTO CHICKEN BOWL</b><br>Served with Basmati Rice & String Beans<br>Cal: 515, Carbs: 47G, Protein: 48G, Fats": 15G<br>QTY:_____                                                           | <b>SOUTH WESTERN SHRIMP BOWL</b><br>Chipotle Shrimp, Black Beans, Roasted Corn, Bell Peppers &<br>Basmati Rice<br>Cal: 395, Carbs: 46G, Pro: 32G, Fats" 14G<br>QTY:_____ |
| <b>SURF &amp; TURF BOWL</b><br>Hot Honey Steak & Shrimp, Broccoli & Sweet Potatoes<br>Cal: 410, Carbs: 21G, Protein: 40G, Fats": 13G<br>QTY:_____                                             | <b>HONEY GARLIC CHICKEN MAC &amp; CHEESE</b><br>Honey Garlic glazed Chicken with Cheddar Mac & Cheese<br>Cal: 510 Carbs: 50G, Protein: 42G, Fats": 16G<br>QTY:_____      |

#### PRICE LIST

##### Chicken

Chicken Meals: \$9.25

Chicken Meatballs: \$9.25

##### Steak/ Ground Beef

Steak Bowls: \$11.40

Ground Beef: \$11.20

##### Burgers

Bison: \$11.50

Turkey: \$9.50

##### Shrimp

Shrimp Bowls: \$11.25

Surf & Turf Bowl: \$11.99

#### Package Deals

BUY 5 GET 1 FREE

BUY 10 GET 2 FREE

BUY 15 GET 3 FREE

BUY 20 GET 4 FREE