

NAME: _____



MEAL PREP SIGNATURE DISHES

HONEY GARLIC STEAK

Served with Sweet Potato Wedges & Grilled Broccoli
Cal: 483, Carbs: 26G, Pro: 41G, Fats" 21G

QTY: _____

POWER BOWL

Sliced Steak, Jasmine Rice, Caramelized Onions & Sesame Seeds
Cal: 526, Carbs: 58G, Pro: 38G, Fats" 15G

QTY: _____

RAVIOLI BOWL

Beef Filled Ravioli with Cheddar Cheese in a Vodka Sauce
Cal: 388, Carbs: 37G, Protein: 28G, Fats": 14G

QTY: _____

BUFFALO CHICKEN BOWL

Grilled Chicken, Jasmine Rice, Pico De Gallo, Gorgonzola, Homemade Low Fat Low Sodium Buffalo Sauce
Cal: 458, Carbs: 23G, Pro: 41G, Fats" 11G, Fiber 2G

QTY: _____

BBQ BIG BOY

Grilled BBQ Chicken, Caramelized Onions, Black Beans, Red Bell Peppers & Jasmine Rice
Cal: 492, Carbs: 49G, Pro: 41G, Fats" 8G

QTY: _____

HAWAIIAN STEAK BOWL

Sliced Steak, Jasmine Rice, Pineapple Salsa, Bell Peppers, Pineapple Teriyaki Sauce
Cal: 378, Carbs: 31G, Pro: 39G, Fats" 11G, Fiber: 2G

QTY: _____

TERIYAKI SALMON

Served with Jasmine Rice & Snap Peas
Cal: 360, Carbs: 58G, Pro: 38G, Fats" 18G

QTY: _____

CHICKEN BACON RANCH

Grilled Chicken, Jasmine Rice, Turkey Bacon, Cherry Tomatoes, Pepper Jack Cheese, Low-fat Ranch
Cal: 463, Carbs: 28G, Pro: 47G, Fats" 16G, Fiber: 1.5G

QTY: _____

TURKEY MEATBALLS

Served with Red Lentil Pasta
Cal: 364, Carbs: 21G, Pro: 44G, Fats" 14G

QTY: _____

BRONX BOMBER

Grilled Chicken, Jasmine Rice, Cherry Pepper, Bell Peppers, Caramelized Onions, Cheddar Cheese, Chipotle Aioli
Cal: 498, Carbs: 32G, Pro: 42G, Fats" 24G, Fiber: 2G

QTY: _____

TURKEY BURGER (5OZ)

Served with Pepper Jack Cheese, Sweet Potato Wedges & Broccoli
Cal: 428, Carbs: 26G, Pro: 48G, Fats" 25G

QTY: _____

SHRIMP STIR FRY

Teriyaki Shrimp, Jasmine Rice, Bell Peppers, Snap Peas & Caramelized Onions
Cal: 290, Carbs: 43G, Fats:10G, Pro: 28G

QTY: _____

SHOGUN BOWL

Teriyaki Grilled Chicken, Rice, Corn Salsa & Pepper Jack Cheese
Cal: 497, Carbs: 39G, Pro: 46G, Fats" 14G

QTY: _____

BISON BURGER

Topped with Cheddar Cheese, Fig Jam & Sweet Potato Wedges
Cal: 490, Carbs: 38G, Pro: 39G, Fats" 20G

QTY: _____

TEX MEX CHICKEN

Served with Black Beans, Corn, Broccoli & Jasmine Rice
Cal: 379, Carbs: 25G, Pro: 44G, Fats" 14G

QTY: _____

HONEY HABANERO TURKEY MEATBALLS

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

QTY: _____

SWEET & SOUR

Served with Grilled Chicken, Jasmine Rice, Snap Peas & Pineapple
Cal: 492, Carbs: 49G, Pro: 41G, Fats" 8G

QTY: _____

GENERAL TSO

Served with Grilled Chicken, Jasmine Rice, Broccoli, Bell Peppers & Caramelized Onions & Sesame Seeds
Cal: 492, Carbs: 49G, Pro: 41G, Fats" 8G

QTY: _____

MEAL PREP SIGNATURE DISHES

THE BIGGIE MAC BOWL

Jasmine Rice, Ground Beef, Cheddar Cheese, Onions, Pickles with a Low Fat Thousand Island Dressing
Cal: 536, Carbs: 38G, Pro: 42G, Fats" 20G

QTY: _____

BUFFALO TURKEY MEATBALLS

Jasmine Rice, Broccoli with a Homemade Low Fat Low Sodium Buffalo Sauce
Cal: 474, Carbs: 43G, Pro: 39G, Fats" 14G

QTY: _____

BEEF ENCHILADA BOWL

Jasmine Rice, Ground Beef, Black Beans, Bell Peppers, Cheddar Cheese & Chipotle Aioli
Cal: 545, Carbs: 42G, Protein: 45G, Fats": 20G

QTY: _____

LAKELAND BOWL

Grilled Chicken, Jasmine Rice, Broccoli, Caramelized Onions with Teriyaki Sauce
Cal: 370, Carbs: 38G, Pro: 38G, Fats" 6G

QTY: _____

PLEASE HAVE ORDERS IN BY THURSDAY

BULK MEAL PREP ITEMS

GRILLED CHICKEN BREAST (\$13 PER LB)

Carbs: 0G, Pro: 35G, Fats" 6G

QTY: _____ LB

TERES MAJOR STEAK (\$22 PER LB)

Cal: 536, Carbs: 0G, Pro: 36G, Fats" 10G

QTY: _____ LB

TURKEY BURGERS (\$14 PER LB)

Carbs: 0G, Pro: 30G, Fats" 10G

QTY: _____ LB

BISON BURGERS (\$16 PER LB)

Carbs: 0G, Pro: 39G, Fats" 13G

QTY: _____ LB

TURKEY MEATBALLS (\$18 PER LB)

Carbs: 1G, Pro: 27G, Fats" 9G

QTY: _____ LB

SCOTTISH SALMON (\$21 PER LB)

Carbs: 0G, Pro: 38G, Fats" 12G

QTY: _____ LB

JASMINE RICE (\$6 PER LB)

Carbs: 129G, Pro: 11G, Fats" 0G

QTY: _____ LB

SWEET POTATO WEDGES (\$8 PER LB)

Carbs: 22G, Pro: 4G, Fats" 0G

QTY: _____ LB

BROCCOLI (\$8 PER LB)

Carbs: 6G, Pro: 4G, Fats" 0G

QTY: _____ LB

PACKAGES

STEAK, CHICKEN, TURKEY, SALMON

6 MEALS: \$56

15 MEALS: \$135

10 MEALS: \$93

20 MEALS: \$174

30 MEALS: \$225

CHICKEN & TURKEY

6 MEALS: \$53

15 MEALS: \$88

10 MEALS: \$88

20 MEALS: \$168

30 MEALS: \$220