

Meal Prep Menu

Please Check The Boxes & Enter Your Chosen Quantity to Order



Breakfast -

- __ Cinnamon Vanilla Protein Pancakes - \$6.59
- __ Farmer's Fresh Scramble - \$5.99
- __ Classic Steak & Eggs with Grilled Veggies (Paleo) - \$7.99
- __ Almond Pancakes (Keto) - \$6.99
- __ Chicken Sausage & Avocado Egg Wrap (Keto) - \$5.99
- __ Curried Tofu Scramble (Vegan) - \$5.99

Lunch/Dinner -

- __ Caveman Chili (Paleo) - \$4.99
- __ Pesto Turkey & Swiss Wrap - \$5.99
- __ Mother Earth Salad (Vegan) - \$6.49
- __ Farmhouse Bowl - \$8.99
- __ Beyond Burger with Choice of Bread (Vegan) - \$8.99
- __ Low-Carb Beef Kabobs (Keto) (2) - \$10.99
- __ Turkey Stuffed Peppers (Keto) (2) - \$10.99
- __ Grilled Chicken Parmesan with Whole Wheat Pasta - \$10.59
- __ Grilled Chicken Teriyaki with Brown Rice - \$10.59
- __ Mexican Burrito Bowl - \$10.99
 - Choice of: Chicken, Steak, or Vegan Beef Crumbles
 - Would you like cheese? _____

Bulk Items -

- __ PROTEIN: Grilled Chicken - \$11.99 lb. (Serves 3-4)
- __ PROTEIN: Cranberry Chicken Salad - \$7.99 lb. (Serves 3-4)
- __ PROTEIN: Sliced Turkey Breast - \$5.99 lb. (Serves 3-4)
- __ SIDE: Butternut Squash - \$3.99 (Serves 2)
- __ SIDE: Sweet Potato Mash - \$5.99 (Serves 2)
- __ SIDE: Italian Pasta Salad - \$5.99 (Serves 3-4)
- __ SIDE: Caesar OR Garden Salad - \$7.99 (Serves 3-4)

Meal Prep Order Form

Contact Info:

Member Name: _____

Member Phone Number: _____

Member Email Address: _____

Desired Pick-Up Date/Time: _____

Nutritional Inquires:

Allergies/Sensitivities:

Dietary Restrictions:

Notes For Preparer:
