

Custom Meal Menu

A LA CARTE ITEMS	Price	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Meal 8	Total
PROTEIN										
avocado tzatziki chicken 4oz - 160 cal	3.95									
avocado tzatziki chicken 6oz - 230 cal	5.89									
bbq chicken 4oz - 120 cal	3.95									
bbq chicken 6oz - 190 cal	5.89									
blackened chicken 4oz - 100 cal	3.95									
blackened chicken 6oz - 150 cal	5.89									
blackened mango salmon 6oz - 260 cal	7.95									
blackened salmon filet 6oz - 235 cal	7.95									
beef short rib meat 4oz - 300 cal	4.50									
beef short rib meat 6oz - 450 cal	6.50									
curry chicken 4oz - 175 cal	3.95									
curry chicken 6oz - 240 cal	5.89									
garlic peppercorn steak 4oz - 220 cal	4.50									
garlic peppercorn steak 6oz - 330 cal	6.50									
grilled chicken 4oz - 100 cal	3.95									
grilled chicken 6oz - 150 cal	5.89									
steak 4oz - 220 cal	4.50									
steak 6oz - 330 cal	6.50									
sweet thai chili & sriracha chicken 4oz - 170 cal	3.95									
sweet thai chili & sriracha chicken 6oz - 240 cal	5.89									
taco ground beef 4oz - 170 cal	3.95									
taco ground beef 6oz - 255 cal	5.89									
taco ground chicken 4oz - 140 cal	3.95									
taco ground chicken 6oz - 210 cal	5.89									
taco ground turkey 4oz - 160 cal	3.95									
taco ground turkey 6oz - 240 cal	5.89									
turkey breast 4oz - 150 cal	3.95									
turkey breast 6oz - 225 cal	5.89									
VEGGIE SIDE 3oz										
Asian veggie mix - 30 cal	2.50									
asparagus - 15 cal	2.50									
gourmet carrots - 35 cal	2.50									
green beans - 30 cal	2.50									
grilled vegetables - 40 cal	2.50									
maple charred brussels sprouts - 75 cal	2.50									
marinated artichoke hearts - 50 cal	2.50									
mexican corn - 80 cal	2.50									
roasted tomatoes - 25 cal	2.50									
sliced tomatoes & cucumbers - 20 cal	2.50									
OTHER SIDE 3oz										
black beans & yellow rice - 135 cal	2.50									
fire-roasted diced sweet potatoes - 70 cal	2.50									
quinoa cooked in bone broth - 100 cal	2.50									
sweet potato mash - 90 cal	2.50									
wild rice - 100 cal	2.50									
yukon gold potato/parsnip mash - 80 cal	2.50									

Grand Total: