



MEAL PREP SAMPLE MENU

JOIN TO GET WEEKLY MENUS SENT TO YOU BY TEXT

MONDAY 0/00/22	TUESDAY 0/00/22	WEDNESDAY 0/00/22	THURSDAY 0/00/22	FRIDAY 0/00/22
<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
Lemon Chicken, Egg Noodles, Asparagus	Teriyaki Shrimp, Jasmine Rice, Steam Broccoli	Shredded Chipotle Beef Bice Bowl	Turkey Meatloaf, Butternut Squash Mash (H)	Buffalo Chicken Salad (Romaine, Cucumbers, Corn, Tomatoes, Carrots, Peppers) (NC)
<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>
Grilled Salmon, Vegetable Quinoa (H)	Turkey Shepherd's Pie, Sweet Potato Topping, Grilled Vegetables (H)	Chicken Gnocchi Spinach Soup (LC)	Basil Olive Oil Roasted Pollock, Tomato Rice, Green Peas, Asparagus (LC)	Beef Brisket, Port Wine Reduction, Green Beans (K)
<i>Beverage Side Salad Hand Fruit</i>	<i>Beverage Side Salad Hand Fruit</i>	<i>Beverage Side Salad Hand Fruit</i>	<i>Beverage Side Salad Hand Fruit</i>	<i>Beverage Side Salad Hand Fruit</i>
<p>*NC= (No Carbs) *H= (Healthy Options) *K= (Keto) *LC= (Low Calories)</p>				