ORDER YOUR MEAL PREP NOW!

**Please select your choice by choosing the numbers that best fit your needs.**



1. Oven baked BBQ chicken, baked sweet potato and green beans.
2. Baked cilantro lemon, boneless skinless chicken thighs
3. Oven roasted bell pepper, stuffed with spinach, chipotle pepper ground turkey, sweet corn, cilantro and Italian three cheese blends
4. Black pepper lemon glazed salmon with garlic butter green beans and jasmine rice
5. Jerk chicken thighs with lime, herb Jasmin rice with freshly chopped scallions
6. Black pepper lemon glazed salmon with garlic butter green beans and jasmine rice
7. Shrimp and broccoli steamed rice
8. Chicken fajitas with black beans and spicy rice
9. Vegetarian fried rice
10. Rosemary chicken thighs with sautéed green beans and zucchini
11. Organic veggie stir-fry dressed in citrus ponzu sauce, with spiced jasmine rice.
12. Zucchini turkey spaghetti
13. Turkey meatloaf stuffed with sautéed spicy spinach, roasted lemon pepper corn and baked sweet potatoes