



NEW MENU!

Order by Wednesday 12/6 at 4 to pick-up on Saturday 12/9 by 12pm

BREAKFAST



Protein Waffles (2) with sugar-free syrup, \$8.00

Calories: 222 Fat: 7 Carbs: 20
Fiber: 4 Sugar: 4 Sodium: 270
Protein: 15

*gluten-free

HEALTHY GOURMET MEALS



Chicken & Veggie Curry with Basmati Rice, \$11.50

Calories: 334 Fat: 10 Carbs: 26
Fiber: 4 Sugar: 4 Sodium: 392
Protein: 29

*gluten-free *dairy-free



Turkey Meatloaf, Healthy Mashed Potatoes & Green Beans, \$11.50

Calories: 331 Fat: 8 Carbs: 27
Fiber: 4 Sugar: 8 Sodium: 334
Protein: 31

*gluten-free



Slow Cooked Pork with Roasted Potatoes, Squash & Zucchini, \$11.50

Calories: 308 Fat: 6.1 Carbs: 23
Fiber: 2.7 Sugar: 2.7
Sodium: 75.4 Protein: 40

*gluten-free *dairy-free



Beef Burrito Bowl, \$11.50

Calories: 327 Fat: 9
Carbs: 26 Fiber: 5
Sugar: 3 Sodium: 384
Protein: 30

*gluten-free *dairy-free



Steak, Potatoes & Asparagus, \$11.50

Calories: 286 Fat: 7
Carbs: 24 Fiber: 5
Sugar: 4 Sodium: 221
Protein: 30

*gluten-free *dairy-free



Herbed Salmon, Brown Rice & Mixed Veggies, \$11.50

Calories: 311 Fat: 10 Carb: 23
Fiber: 3.5 Sugar: 1.7
Sodium: 214 Protein: 29.7

*gluten-free *dairy-free

CLEAN & LEAN MEALS



Clean & Lean Chicken, \$10.00

Calories: 254 Fat: 3 Carbs: 24 Fiber: 5 Sugar: 4 Sodium: 234 Protein: 32

*gluten-free *dairy-free



Clean & Lean Ground Turkey, \$10.00

Calories: 273 Fat: 4 Carb: 24 Fiber: 5 Sugar: 4 Sodium: 272 Protein: 31

*gluten-free *dairy-free



Clean & Lean Cod, \$10.00

Calories: 273 Fat: 3.6 Carb: 24 Fiber: 4.6 Sugar: 1.5 Sodium: 200 Protein: 29

*gluten-free *dairy-free