

2020 Meal Plan Options

Keto Full Day \$28.00

Breakfast, Lunch, Dinner and Two Snacks

Whole30 or South Beach Full Day \$22.00

Breakfast, Lunch, Dinner and Two Snacks

Whole30, South Beach, Pescatarian, Vegan or Vegetarian Meal \$8.50 each (Keto \$10.50 each)

Entrée and Two Vegetables

Healthy Lunch or Dinner

\$8.50 each

Entrée and Two Side Items

Liquid Fast Support

\$10.00 per Quart

Hearty Vegetarian Soup – Examples: Split Pea, Lentil, Tomato Bisque, Broccoli etc.

Assorted Protein Options – Chicken, Beef, Pork, Turkey, Salmon, Shrimp,
Mahi Mahi, Cod, Tofu, Vegan Meat Alternatives

Assorted Vegetable Options – Broccoli, Cauliflower, Carrots, Green Beans, Zucchini,
Yellow Squash, Asparagus, Roasted Beets, Sweet Potato, Rice Pilaf, Couscous or Potato

Proteins are Sautéed, Seared or Oven Roasted, Marinated for Maximum Flavor
Vegetables are Steamed, Sautéed or Oven Roasted, Flavor Profiles Change Daily

All Meals are Chef's Choice

Entrée Containers are Microwave Safe – Please help to keep costs down by
returning the containers

Pick-up Times:

Sundays 3:30pm to 5:00pm

Tuesdays 9:00pm to 10:00pm

Alternative Availability -Monday to Thursday 9am to 3pm

Meal Prep Data Sheet

NAME: _____

PHONE: _____

EMAIL ADDRESS: _____

DAYS REQUESTED: (Please circle your selection)

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MEALS: (Please circle your selection)

BREAKFAST LUNCH DINNER SNACKS

MEAL PLAN REQUESTED: _____

Special Preferences:

VEGAN VEGETARIAN PISCATARIAN

PAYMENT METHOD:

INVOICES WILL BE EMAILED WEEKLY VIA SQUARE

Pick-up Times:

Sundays 3:30pm to 5:00pm

Tuesdays 9:00pm to 10:00pm

Alternative Availability -Monday to Thursday 9am to 3pm

FOOD

ALLERGIES: _____

**Entrée Containers are Microwave Safe – Please help to keep costs down
by returning the containers**

FOODS I hate: _____

FOODS I Love: _____
