



meal prep

food prepared for your exact dietary needs,
packaged and delivered

menu 1

(no dairy/eggs/meat)

Broccoli & "Cheddar" Soup

Halibut, herbed couscous, roasted broccolini

Shrimp & Grits sauteéd zucchini & tomatoes

Roasted Veggie Salad with avocado

menu 2

(family of four, kid friendly, 1 gluten free, 1 vegetarian)

Chicken Enchilada Casserole , roasted broccolini

Sauteéd Shrimp, Veggie Stir Fry, sticky rice

Miso Soup

Lemon Grilled Chicken Green Goddess Salad (romaine, dill, mint, avocado)

champagne vinaigrette

Tuna Fish Salad

menu 3

(no red meat, low cholesterol)

Chicken Enchiladas with black beans

Peruvian Chicken wings with Green sauce, Orange and fennel salad

Shrimp Rasta Pasta

Apricot Date Bars

*2-3 of each item or large format family style, serving Manhattan ONLY,
starting at \$600*