

# Meal Prep Menu



## Breakfast Menu

### Sweet Potato Oatmeal Bake

A breakfast casserole made with sweet potatoes, steel cut oatmeal, warm spices and topped with a sweet & crunchy layer of maple pecans. Served with fresh fruit.

Veggie Bacon (2) \$2.75 Turkey Bacon (2) \$2.75

### Orange & Cranberry Wheat Germ Muffin with Sweet Potato Collard Green Hash

High fiber yet moist and full of flavor wheat germ muffin is a great way to get your morning started. Served with sweet potato collard green hash.

Veggie Bacon (2) \$2.75 Turkey Bacon (2) \$2.75

### Maple Pecan Protein Pancakes

High protein vegan pancake made with whole wheat spelt flour is a balanced meal within itself. Served with maple syrup and fresh fruit.

Veggie Bacon (2) \$2.75 Turkey Bacon (2) \$2.75

### Black Beans with Sweet Potato Collard Green Hash & Toast

A hearty serving of black beans with sweet potato & collard green hash served with your choice of artisan whole wheat toast or gluten free toast.

Gluten Free Toast \$1.00 Veggie Bacon (2) \$2.75 Turkey Bacon (2) \$2.75

## Pricing

Choose Your Meal and The Price will Be Determined By How Many You Order Each Week. Feel Free to mix and Match between Vegan, Seafood and Chicken Dishes & Breakfast. The additional fee will apply for any protein choices selected.

**5 Meals \$10.50/ \$5 8 Meals \$10.00/ \$8 10 Meals \$9.25/ \$92 15 Meals \$7.95/\$119 20 Meals \$7.15/ \$14**