

# Meal Prep Menu

## Lunch/Dinner

## Entrees

### South of The Border

A bed of seasoned fluffy cous cous topped with shredded cabbage, black beans, cilantro, green onions, red onions, tomatoes, pumpkin seeds with avocado salsa.

4 Chipotle Chile Colossal Shrimp \$2.50   3 oz Chipotle Chile Roasted Salmon \$2.50   3 oz Chopped Jerk Chicken \$1.95

### Collards & Taters

Baked Sweet Potato stuffed with tender collard greens. For the vegan version will be topped with purple hull peas. Or choose your alternative protein.

4 Colossal Shrimp \$2.50   3 oz Roasted Salmon \$2.50   3 oz Chopped Jerk Chicken \$1.95

### Southern Comfort

Lentil Loaf with Sweet Potato Collard Green Hash: From scratch lentil loaf served with a tasty portion of sweet potato collard green hash.

4 Southern Colossal Shrimp \$2.50   3 oz Southern Roasted Salmon \$2.50   3 oz Cajun Grilled Chicken Breast \$1.95

### A Little Taste of Asia

Miso glazed eggplant with mushrooms and peppers served with Asian stir-fry mix of cabbage & boy choy.

4 Miso Glazed Colossal Shrimp \$2.50   3 oz Miso Glazed Roasted Salmon \$2.50   3 oz Miso Glazed Chicken Breast \$1.95

### Ragin' Cajun

Succottash is a blend of black eyed peas, okra, squash & zucchini, tomatoes, onions, peppers and celery with the perfect cajun spices on top of a bed of cous cous.

4 Cajun Colossal Shrimp \$2.50   3 oz Cajun Roasted Salmon \$2.50   3 oz Grilled Cajun Chicken Breast \$1.95

### 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. The additional fee will apply for any protein choices selected.

**5 Meals \$10.50/ \$52   8 Meals \$10.00/ \$80   10 Meals \$9.25/ \$92   15 Meals \$7.95/\$119   20 Meals \$7.15/ \$143**

