

Meal Prep Menu



Snack

Trail Mix with Fresh Fruit

In house made trail mix with a blend of nuts, seeds, granola, dried fruit and seasoned with cajun spices just to kick it up a notch! Served with fresh fruit.

Raspberry Chia Pudding

Creamy, sweet, a little nutty and very satisfying.

Orange Cranberry Wheat Germ Muffin

Full of fiber and protein served with small serving of toasted nuts.

Snack Pricing

Snacks are add-on items to your meal prep order. Each snack is served at 2 servings per order. The more you buy, the more you save!

2 Snacks \$8 4 Snacks \$15 6 Snacks \$21 8 Snacks \$25 10 Snacks \$32