



NEW MENU DELIVERY WEEKS OF 1.11.2021 AND 1.25.2021

		Qty.	Carb No Carb	Total
• NEW- Coconut Shrimp, Jasmine Rice and Veggies	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	
• NEW-Buffalo Chicken Strips and Veggie Fries	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	
• Herbed Grilled Salmon & Greens	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	
• Almond Crusted Chicken & Veggies	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	
• Healthy Bang Bang Shrimp with Cabbage Slaw	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	
• BBQ'd Quiona Turkey Meatloaf & Veggies	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	
• Gluten Free Turkey Lasagna with Veggies	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	
• 6-Meatballs with Marinara and Veggies	<input type="checkbox"/> \$15.00		<input type="checkbox"/> <input type="checkbox"/>	

BULK PACKAGED ITEMS

• NEW- 1lb. Classic Chicken Francasie	<input type="checkbox"/> \$16.00			
• 4- Cheese Steak Stuffed Peppers OR Turkey Chili	<input type="checkbox"/> \$16.00			
• 12- Beef Meatballs & Yummy Sauce	<input type="checkbox"/> \$12.00			
• 4-Zucchini Turkey Burgers	<input type="checkbox"/> \$19.99			
• 1 lb. Almond Chicken with Honey Mustard	<input type="checkbox"/> \$12.00			
• GF Cauliflower Veggie Pizza- 3 slices	<input type="checkbox"/> \$12.00			
Family Meals - Serves 4-5				
• NEW- CHICKEN FRANCASIE, MARSALA OR PARM	<input type="checkbox"/> \$45.00			
Desserts / Breakfast				
• NEW- SUGAR FREE PEANUTBUTTER CHOCOLATE MOUSSE	<input type="checkbox"/> \$6.00			
• 6-Chocolate Energy Balls (contains NUTS)	<input type="checkbox"/> \$9.50			
• 6 PB-Protein Chocolate Truffles (Contains NUTS)	<input type="checkbox"/> \$9.50			
• Lo-Cal Decadent Brownie	<input type="checkbox"/> \$6.00			
• Pumpkin Almond Butter Muffins	<input type="checkbox"/> \$12.00			
• Strawberry Overnight Oats	<input type="checkbox"/> \$6.00			
• 100 Calorie Chocolate Cup Cake	<input type="checkbox"/> \$5.00			
• GF- Pumpkin, OR Plain waffles	<input type="checkbox"/> \$6.00			

food that fits into any lifestyle