



Enjoy a Meal Fit for a Knight Every Night



Healthy Food Stock Up

Stock your fridge and freezer with easy to grab food

MEAT, VEGETABLES AND GOOD CARBS PACKAGE

- 8 Grilled or Roasted Chicken Breasts and/or mix with pork chops
- 2 Fish Portions Baked in Parchment
- 4 Cups of Beef and Vegetable Soup, Chili or Beef Tomato Sauce and Spaghetti Squash*
- 2 Cups of Roasted Cubed or Mashed Sweet Potato
- 2 Cups of Quinoa or Brown Rice
- 4 Cups of Assorted Vegetables: Broccoli, Greens, Green Beans, Summer Squash, Asparagus, Cauliflower, Carrots, Onions, Garlic and/or Peppers (Steamed or Sautéed in Olive Oil or Coconut Oil Depending on Preference)
- 4 Cups of Sautéed Greens with Garlic and Chili Pepper (Kale or Swiss Chard)
- 5 Stacked Salads (3 Cups each): Seeds or Nuts, Peppers, Carrots, Cucumbers, Scallions, Grape Tomatoes Topped with Greens with a Homemade Extra Virgin Olive Oil based Vinaigrette (Can add cheese if you eat dairy)
- 5 Egg and Vegetable Muffin Size Omelets (Can add cheese if you eat dairy)
- 4 Cups of Fruit Salad

\$525 (All but Salads are freezable)

VEGAN PACKAGE

- 4 Servings Vegan Lasagna: Layers of Sweet Potato, Silken Tofu in a Vegetable and Tomato Sauce Topped with Crushed Cashews or Lentil Meatloaf with Tomato Sauce or Mushroom Gravy*
- 4 Veggie Burgers, Stuffed Portobello Mushrooms or Stuffed Peppers*
- 4 Cups of 3 Bean Chili or Vegetable Soup
- 4 Cups of Sautéed Greens with Garlic and Chili Pepper (Kale or Swiss Chard)
- 4 Cups of Assorted Vegetables: Broccoli, Greens, Green Beans, Summer Squash, Asparagus, Cauliflower, Carrots, Onions, Garlic and/or Peppers (Steamed or Sautéed in Olive Oil or Coconut Oil Depending on Preference)
- 2 Cups of Roasted Cubed or Mashed Sweet Potato
- 2 Cups of Quinoa or Brown Rice
- 5 Stacked Salads (3 Cups each): Seeds or Nuts, Peppers, Carrots, Cucumbers, Scallions, Grape Tomatoes Topped with Greens with a Homemade Extra Virgin Olive Oil based Vinaigrette
- 5 Vegan Muffins
- 4 Cups of Fruit Salad

\$475 (All but Salads are freezable)

PALEO PACKAGE

- 8 Grilled or Roasted Chicken Breasts and/or mix with pork chops
- 2 Fish Portions Baked in Parchment
- 20 Meatballs or 8 Burgers (Your choice of beef, pork and veal mixture, pork, chicken or turkey)
- 10 Chicken Wings or 8 Chicken Legs
- 4 Cups of Beef and Vegetable Soup or Beef Tomato Sauce and Spaghetti Squash*
- 2 Cups of Roasted Cubed or Mashed Sweet Potato*
- 4 Cups of Sautéed Greens with Garlic and Chili Pepper (Kale and Swiss Chard)
- 4 Cups of Assorted Vegetables: Broccoli, Greens, Green Beans, Summer Squash, Asparagus, Cauliflower, Carrots, Onions, Garlic and/or Peppers (Steamed or Sautéed in Olive Oil or Coconut Oil Depending on Preference)
- 5 Stacked Salads (3 Cups each): Seeds or Nuts, Peppers, Carrots, Cucumbers, Scallions, Grape Tomatoes Topped with Greens with a Homemade Extra Virgin Olive Oil based Vinaigrette

\$550 (All but Salads are freezable)

SPECIAL: 20% Off First Healthy Food Stock up with Purchase of a Beachbody Challenge Pack

Includes: Workout Plan and 30 day Supply of Shakeology; 21 Day Fix, 21 Day Fix Extreme, Cize, Masters Hammer and Chisel, Body Beast, Insanity, P90X3, PIYO and T25

<http://teambeachbody.com/shop/-/shopping?referringRepId=651434>