

FITNESS ADDICT TULSA

Meal Prep Menu #2

SLOW COOKED BBQ CHICKEN

served with steamed Zuchinni

FRIED CATFISH

served with white rice

MAMMA'S SPAGHETTI

Served with green beans

BREAKFAST DILLA

Eggs, bacon & cheese on a flour tortillia

SWEETNESS

Oatmeal Chocolate Chip Cookies

To order: text quantity of meals to 918-202-8053

Cash App: \$Tessmack. Venmo: @TessMack

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