

# FITNESS ADDICT TULSA

*Meal Prep Menu #10*

## **ROTISSERIE CHICKEN THIGHS**

*served with carrots*

## **MAMMA'S MEATLOAF**

*served with broccoli*

## **CHICKEN NOODLE SOUP**

*mixed with veggies and served with small crackers*

## **HASH BROWN CASSEROLE**

*Made with sausage*

## **SWEETNESS**

*Lemon Parfait*

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

*Cash App: \$Tessmack. Venmo: @TessMack*

*Fitness Addict Tulsa Meal Prep*

