

FITNESS ADDICT TULSA

Meal Prep Menu #1

ROTISSERIE CHICKEN THIGHS

served with seasoned green beans

BEEF & BROCCOLI

served with white rice

HOMEMADE POT PIE

filled with veggies and chicken

BREAKFAST BOX

3 pieces of bacon and 3 boiled eggs

SNACKS

upon request

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

Cash App: \$Tessmack. Venmo: @TessMack

Fitness Addict Tulsa Meal Prep