

FITNESS ADDICT TULSA

Meal Prep Menu #14

SLOW COOKED BBQ CHICKEN

served with steamed Carrots

MEXICAN "TRASH"

mixed with steak, corn, zucchini, salsa and sour cream

BUNLESS SLIDERS

Served with green beans

BREAKFAST DILLA

Eggs, bacon & cheese on a flour tortillia

SWEETNESS

Sugar Free Banana Pudding

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

Cash App: \$Tessmack. Venmo: @TessMack

Fitness Addict Tulsa Meal Prep