

# 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*

# FITNESS ADDICT TULSA

*Meal Prep Menu #5*

## **CHICKEN NOODLE SOUP**

*served with mini crackers*

## **CHEESY "TRASH"**

*made with ground beef, potatoes, zucchini, carrots, and  
SO MUCH Cheese!*

## **MAMMA'S POT ROAST**

*Served with cream style corn*

## **BACON EGG & CHEESE**

## **SWEETNESS**

*Chocolate Mousse*

*To order: text quantity of meals to 4918-202-8053*

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# FITNESS ADDICT TULSA

*Meal Prep Menu #5*

## **MAMMA'S MEATLOAF**

*served with Mashed Potatoes*

## **CHEESY "TRASH"**

*made with ground beef, zucchini, carrots, and  
SO MUCH Cheese!*

## **FRIED PORK CHOPS**

*Served with Green Beans  
\*rotisserie not fried upon request\**

## **SAUSAGE BREAKFAST BURRITO**

## **SWEETNESS**

*Chocolate Mousse Parfait*

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# FITNESS ADDICT TULSA

*Meal Prep Menu #8*

**CHEESY CHICKEN AND  
BROCCOLI**

**MAMMA'S SPAGHETTI**

*served with Green Beans*

**HOTLINK IN A BLANKET**

*served with Corn*

**HAM EGG AND CHEESE  
BISCUT**

**SWEETNESS**

*Oreo Cookie Parfiat*

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# FITNESS ADDICT TULSA

*Meal Prep Menu #13*

## **CHEESEBURGER**

*served with Steamed Carrots*

## **ROTISSERIE CHICKEN BREAST**

*Served with baked beans and baby potatoes*

## **MAMA'S SPAGHETTI**

*Served with Garlic Bread (bake for 10 mins)*

## **SWEETNESS**

*Almond Flour Orange infused Sugar Cookies*

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# FITNESS ADDICT TULSA

Menu #14

## **STUFFED CHICKEN**

*stuffed with Steamed Broccoli & Cream Cheese*

## **BEEF LASANGA**

*made with ground beef, zucchini, and all the Cheese!*

## **SOFT CHICKEN TACOS**

*served with black or Pinto Beans*

## **SAUSAGE/EGG BFAST CUPS**

*3 per order- veggie option upon request*

## **SWEET THANG**

*Variety Pack (Brownie, Sticky Bun, Cookies)*

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# 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*

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# FITNESS ADDICT TULSA

*Meal Prep Menu #15*

## **CHICKEN OR BEEF FAJITAS**

*served with Pepper, Onions and Mexican Corn*

## **BEEF AND BROCCOLI**

*served with Brown Rice*

## **CHICKEN ALFREDO**

*Served with Green Beans*

*\*Low Carb option.. NO Noodles\**

## **SAUSAGE BREAKFAST BURRITOS**

## **SWEETNESS**

*Blondies (Choc Chip Cookie Brownies)*

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

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# FITNESS ADDICT TULSA

*Low Carb Menu*

## **ROTISSERIE CHICKEN**

*served with Steamed Broccoli*

## **CHEESY "TRASH"**

*made with ground beef, potatoes, zucchini, carrots, and  
SO MUCH Cheese!*

## **CRUSTLESS PIZZA**

*Pepperoni, Peppers, Mushrooms, in Pizza Sauce*

## **EGG WHITE BREAKFAST CASSEROLE**

## **SWEETISH**

*Sugar Free Chocolate Mousse*

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# FITNESS ADDICT TULSA

*Low Carb Menu #2*

## **CHICKEN CASSEROLE**

*made with chicken, cheese and broccoli in cheese sauce*

## **BUNLESS SLIDERS**

*add your fave cheese, pickles, mayo or mustard  
side of green beans*

## **STEAK AND GRAVY**

*simmered steak tips in brown gravy  
served with carrots*

## **LOW CARB BREAKFAST DILLA**

*Eggs, Bacon Cheese on a "carb watch" tortilla*

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# 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*

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# 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*

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*Fitness Addict Tulsa Meal Prep*