

build your custom meal with

circle one menu option in each category

protein

Chicken
(Breast, Boneless Skinless Thighs, or Breast Kabob)
Salmon
Tilapia
Shrimp or Shrimp Skewer
Bison
Lamb
Turkey (Meatballs or Breast Chops)
Lean Grass Fed Beef (Filet or Kabob)
Soyrizo
Large Grilled Portobello Mushroom

protein flavors

Curry
Pesto
Blackened
Chile Lime
Spicy Teriyaki
BBQ
Mediterranean

pick one of our delicious flavors for your meal

vegetables

Warm Rainbow Cabbage Slaw (with Rainbow Carrots)
Rosemary and Herb Asparagus
Broccoli Florets
Garlic Broccoli and Tomato slaw
Brussels
Zucchini and Squash
Kale
Spinach
Ultimate Sautéed Veggies
(Kale, Cabbage, Collards, and Spinach)

vegetable options can change with seasonal offerings

starches

Herb Basmati Rice
Brown Rice
Sweet Potato Mash
Polenta
Black Beans
Red Potatoes
Quinoa
-Substitutes-
Cauliflower Rice or Cauliflower Mash
Zoodles
Spaghetti Squash

to order simply take a pic of your menu then email or text us, we'll get back to you

minemealprep@gmail.com

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