

BULK BOX

Option 1

Hard Boiled Eggs Breakfast
three hard boiled eggs

Energii Bites Snack
peanut butter, oats, honey, coconut, chocolate chips

Khao San Quinoa Bowl + Chicken Lunch
quinoa, spinach, chicken, edamame, mushrooms, carrots, cabbage, almonds, spicy lemongrass sauce

Four Seasons Nut Mix Snack

Teriyaki Twist Bowl + Chicken Dinner
brown rice, chicken, edamame, crispy wontons, broccoli, carrots, green onions, sesame seeds, teriyaki sauce

Protein Powder Additional

Option 2

Bacon, Egg & Cheese Breakfast Bowl Breakfast
eggs, bacon, aged cheddar, tomatoes

Bean & Corn Salad Snack
black beans, corn, edamame, cherry tomatoes, cilantro lime vinaigrette

Buffalo Salad + Chicken Lunch
romaine, chicken, blue cheese, cherry tomatoes, carrots, celery, greek yogurt ranch, buffalo sauce

Energii Bites Snack
peanut butter, oats, honey, coconut, chocolate chips

Smokehouse Burrito Bowl + Steak Dinner
brown rice, steak, aged cheddar, black beans, red onions, tomatoes, corn, spicy yogurt sauce

Protein Powder Additional

Option 3

Steak, Egg & Cheese Breakfast Bowl Breakfast
eggs, steak, aged cheddar, tomatoes

Yogurt Parfait Snack
greek yogurt, granola, mango, strawberries

Mediterranean Bowl + Falafel Lunch
quinoa, field greens, falafel, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

Four Seasons Nut Mix Snack

Pangoa Bowl + Chicken Dinner
brown rice, chicken, avocado, aged cheddar, cherry tomatoes, black beans, corn, cilantro, lime wedge, fiery bbq sauce

Protein Powder Additional

CLEAN BOX

Option 1

Cranberry Almond Crunch Oatmeal Breakfast
house-made oatmeal, dried cranberries, almonds

Hard Boiled Eggs Snack
two hard boiled eggs

Zen Salad + Tofu Lunch
spinach, romaine, tofu, edamame, cabbage, broccoli, carrots, mango, sesame seeds, asian sesame dressing

Veggie Cup Snack
cucumber, celery, cherry tomatoes, greek yogurt ranch

Mediterranean Bowl + Falafel Dinner
quinoa, field greens, falafel, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

Option 2

Spinach, Mushroom & Cheese Breakfast Bowl Breakfast
eggs, spinach, mushrooms, roasted red peppers, goat cheese

Fruit Cup Snack
pineapple, strawberries, mango

Market Salad + Chicken Lunch
field greens, spinach, quinoa, chicken, avocado, feta cheese, beet slaw, dried cranberries, green apple, carrots, honey dijon dressing

Bean & Corn Salad Snack
black beans, edamame, corn, cherry tomatoes, cilantro lime vinaigrette

Khao San Quinoa Bowl + Tofu Dinner
quinoa, spinach, tofu, edamame, mushrooms, carrots, cabbage, almonds, spicy lemongrass sauce

Option 3

Yogurt Parfait & Mighty Detox Juice Breakfast
yogurt parfait: greek yogurt, granola, mango, strawberries
mighty detox juice: pineapple, green apple, celery, cucumber, ginger

Village Salad Snack
cucumbers, tomatoes, kalamata olives, feta cheese, cilantro lime vinaigrette

Metaboost Salad + Chicken Lunch
spinach, kale, field greens, chicken, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

Apple & Walnuts Snack

Superfood Soup + Chicken Dinner
vegetable broth, chicken, quinoa, kale, broccoli, cabbage, carrots, celery, red onions



MEAL BOX

EAT. ENERGIZE.

Name

Phone

Email

☐ I opt in to receive emails with meal planning hacks, exclusive offers & more.

Select your program

Start Date

1 DAY	3 DAYS	5 DAYS	30 DAYS
\$40.00	\$118.00	\$190.00	\$1050.00

DD / MM / YYYY

Select your box

BULK

CLEAN

Select your daily options (1, 2 or 3)

Day 1

Day 2

Day 3

Day 4

Day 5

Modifications

Special requests? Dietary restrictions? Let us know.

Pick up or delivery of your first meal box takes place the evening before your start date. Continues daily.

Orders must be placed at least 24 hours in advance.

☐ Pick Up

Have my box ready for pick up at _____ pm

☐ Delivery

Have my box delivered at _____ pm

Address

*Must reside within specified delivery radius

SLIM BOX

Option 1

Spinach, Mushroom & Cheese Breakfast Bowl Breakfast

eggs, spinach, mushrooms, roasted red peppers, goat cheese

Fruit Cup Snack

pineapple, strawberries, mango

Zen Salad + Tofu Lunch

spinach, romaine, tofu, edamame, cabbage, broccoli, carrots, mango, sesame seeds, asian sesame dressing

Veggie Cup Snack

cucumber, celery, cherry tomatoes, greek yogurt ranch

Superfood Soup + Chicken Dinner

vegetable broth, chicken, quinoa, kale, broccoli, cabbage, carrots, celery, red onions

Option 2

Greek Yogurt & Fruit Breakfast

greek yogurt, pineapple, strawberries, mango

Bean & Corn Salad Snack

black beans, edamame, corn, cherry tomatoes, cilantro lime vinaigrette

Buffalo Salad + Chicken Lunch

romaine, chicken, blue cheese, cherry tomatoes, carrots, celery, greek yogurt ranch, buffalo sauce

Apple & Walnuts Snack

Mediterranean Salad + Falafel Dinner

field greens, falafel, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

Option 3

Cranberry Almond Crunch Oatmeal Breakfast

house-made oatmeal, dried cranberries, almonds

Hard Boiled Eggs Snack

two hard boiled eggs

Metaboost Salad + Chicken Lunch

spinach, kale, field greens, chicken, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

Veggie Cup Snack

cucumber, celery, cherry tomatoes, greek yogurt ranch

Spicy Lemongrass Soup + Tofu Dinner

spicy lemongrass broth, tofu, quinoa, cabbage, carrots, tomatoes, mushrooms, cilantro

GLUTEN-FREE BOX

Option 1

Spinach, Mushroom & Cheese Breakfast Bowl Breakfast

eggs, spinach, mushrooms, roasted red peppers, goat cheese

Veggie Cup Snack

cucumber, celery, cherry tomatoes, greek yogurt ranch

Zen Salad + Tofu Lunch

spinach, romaine, tofu, edamame, cabbage, broccoli, carrots, mango, sesame seeds, asian sesame dressing

Apple & Walnuts Snack

Southwestern Soup + Chicken Dinner

chicken broth, brown rice, chicken, aged cheddar, broccoli, tomatoes, corn, black beans

Option 2

Hard Boiled Eggs & Mighty Detox Juice Breakfast

two hard boiled eggs
mighty detox juice: pineapple, green apple, celery, cucumber, ginger

Village Salad Snack

cucumbers, tomatoes, kalamata olives, feta cheese, cilantro lime vinaigrette

Buffalo Salad + Chicken Lunch

romaine, chicken, blue cheese, cherry tomatoes, carrots, celery, greek yogurt ranch, buffalo sauce

Fruit Cup Snack

pineapple, strawberries, mango

Khao San Quinoa Bowl + Tofu Dinner

quinoa, spinach, tofu, edamame, mushrooms, carrots, cabbage, almonds, spicy lemongrass sauce

Option 3

Greek Yogurt & Fruit Breakfast

greek yogurt, pineapple, strawberries, mango

Bean & Corn Salad Snack

black beans, edamame, corn, cherry tomatoes, cilantro lime vinaigrette

Metaboost Salad + Chicken Lunch

spinach, kale, field greens, chicken, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

Veggie Cup Snack

cucumber, celery, cherry tomatoes, greek yogurt ranch

Mediterranean Bowl + Chicken Dinner

quinoa, field greens, chicken, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce



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SLIM

GLUTEN-FREE

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