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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal @ \$9 or
 - bulk containers @ price based on sizes selected
- Vegetarian meal – starting @ \$9
- Soup (12-oz @ \$5 or 16-oz @ \$7)
- Salad – starting @ \$2
- Bread – starting @ \$1

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday, 2/18/20

PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 2/16/20

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> BBQ Chicken (white or dark) <input type="checkbox"/> Grilled Jumbo Shrimp <input type="checkbox"/> Ground Beef Stroganoff <input type="checkbox"/> Smothered Pork Chop	<input type="checkbox"/> Red Cabbage <input type="checkbox"/> Roasted Mushrooms <input type="checkbox"/> String Beans <input type="checkbox"/> Vegetable Melody	<input type="checkbox"/> Brown Rice or Red Rice <input type="checkbox"/> Couscous <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Mash Potatoes
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Shrimp Cakes with One Side	<input type="checkbox"/> Italian Sausage Soup with Orzo	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Jackfruit Fried Rice (vegan-friendly)	<input type="checkbox"/> Roasted Broccoli and Chicken Salad (meal size) - \$9 <i>(chicken breast, broccoli, almonds, cheese, cherry tomatoes, dried dates)</i> <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST - \$2.50	Salad Dressing	
<input type="checkbox"/> Cinnamon Apple Overnight Oats	<input type="checkbox"/> Ranch Dressing	<input type="checkbox"/> Honey Mustard
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Lemon Blueberry mini loaf - \$1.50	<input type="checkbox"/> Coconut Rum Bread Pudding - \$3 <input type="checkbox"/> Coconut Rum Bread Pudding (diabetic-friendly) - \$3 <i>(rum extract & Truvia blend)</i>	