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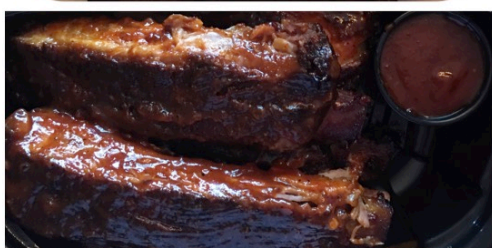


@convenientfeast

Website: convenientfeast.com

Email: customer.service@convenientfeast.com

Call: 301.980.7991



## 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, 7/14/20

**PLEASE PLACE YOUR ORDER BY MIDNIGHT, Sunday 7/12/20**

PROTEIN	VEGETABLE	GRAIN/STARCH
<input type="checkbox"/> BBQ Ribs <input type="checkbox"/> Deep Fried Tilapia <input type="checkbox"/> Grilled Chicken (White or Dark) <input type="checkbox"/> Muffin Tin Turkey Meatloaf (2 pieces)	<input type="checkbox"/> Cabbage <input type="checkbox"/> Navy Beans <input type="checkbox"/> Roasted Carrots <input type="checkbox"/> String Beans	<input type="checkbox"/> Brown Rice <input type="checkbox"/> Herbed Orzo <input type="checkbox"/> Mac n 5 Cheeses <input type="checkbox"/> Roasted Potatoes
SPECIAL - \$11	SOUP	
<input type="checkbox"/> Sheet Pan Jumbo Shrimp Boil (Jumbo Shrimp, Chicken Sausage, Corn, Potatoes, String Beans)	<input type="checkbox"/> Roasted Tomato Soup	
VEGETARIAN - \$9	SALAD	
<input type="checkbox"/> Sweet Potato Black Bean Burritos (vegetarian)	<input type="checkbox"/> Shrimp Garden Salad (meal size) - \$9 <input type="checkbox"/> Garden Salad (small) - \$2	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Mushroom Spinach Frittata - \$3 <input type="checkbox"/> Apple Cinnamon Overnight Oats - \$2.50	<input type="checkbox"/> Lemon Vinaigrette <input type="checkbox"/> Sunshine Ranch Dressing	
BREAD	SWEETS	
<input type="checkbox"/> Corn Muffin <input type="checkbox"/> Lemon Poppy Seed (mini loaf) - \$1.50	<input type="checkbox"/> Lemon Crumb Tart - \$3.50	