



Website: convenientfeast.com
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Fresh ingredients = Delicious Meals

Price List:

- Protein, Vegetables, Grains/Starches –
 - complete meal (*protein + 2 sides*) @ \$13
 - bulk containers @ price based on sizes
- Soup (12-oz @ \$7 or 16-oz @ \$9)
- Special – market price

Menu options change each week!

Meal Plan Menu

Delivery on Tuesday, 12/16/25

PLEASE ORDER BY MIDNIGHT, Saturday 12/13/25

PROTEIN	VEGETABLE SIDES	STARCH SIDES
<input type="checkbox"/> Baked Chicken w/Gravy (<i>DARK or WHITE</i>)	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Brown Rice
<input type="checkbox"/> BBQ Shredded Pork	<input type="checkbox"/> Collards	<input type="checkbox"/> Garlic Mash Potatoes
<input type="checkbox"/> Beef Lasagna	<input type="checkbox"/> Roasted Cauliflower	<input type="checkbox"/> Mac n 5 Cheeses
<input type="checkbox"/> Salmon Cakes	<input type="checkbox"/> Side Salad	<input type="checkbox"/> White Rice
	<input type="checkbox"/> String Beans	
SPECIAL - \$18	SOUP	
<input type="checkbox"/> Low Country Crab Rice	<input type="checkbox"/> Beef Chili (<i>not spicy</i>)	
SANDWICH / WRAP	SALAD	
<input type="checkbox"/> Salmon Wrap (<i>salmon + lettuce + cheese + tomato</i>) - \$12	<input type="checkbox"/> Salmon Ceasar Salad (<i>meal</i>) - \$13	
<input type="checkbox"/> Veggie Wrap (<i>vegetarian</i>) - \$8	<input type="checkbox"/> Garden Salad (<i>small</i>) - \$3	
BREAKFAST	Salad Dressing	
<input type="checkbox"/> Blueberry Overnight Oats - \$3	<input type="checkbox"/> Buttermilk Ranch Dressing	
<input type="checkbox"/> Turkey Bacon + Broccoli + Cheese Frittata - \$4	<input type="checkbox"/> Lemon Vinaigrette	
<input type="checkbox"/> Buttermilk Pancakes + Turkey Bacon (3) - \$7		
BREAD	SWEETS	
<input type="checkbox"/> Apricot Glazed (<i>mini-loaf</i>) - \$3	<input type="checkbox"/> Caramel Layer Cake (<i>yellow cake + caramel buttercream + caramel drizzle</i>) - \$7	
<input type="checkbox"/> Corn Muffins (2) - \$2		

This is the last delivery for 2025.
First delivery in the new year will be Tuesday, January 13, 2026.