



# Meal Prep Options

## BREAKFAST OPTIONS

**OVERNIGHT OATS**  
**SMOOTHIE**  
**BREAKFAST WRAPS**  
**FRESH FRUIT**  
**MUFFINS**  
**PARFAITS**

## LUNCH OPTIONS

### **SALADS**

COBB SALAD (CHICKEN OR SALMON)  
KALE SALAD  
CHEF'S SALAD  
SPINACH & STRAWBERRY SALAD  
CAESAR (CHICKEN & SHRIMP)

### **BOWLS**

TACO BOWL  
EGG ROLL BOWL  
SURF AND TURF BOWL

### **CHICKEN**

HONEY GARLIC CHICKEN BOWL  
TERIYAKI CHICKEN W/ VEGGIES

### **SEAFOOD**

BLACKENED SALMON BOWL  
SHRIMP ALFREDO

### **VEGGIE**

MEDITERRANEAN CHICKPEA SALAD  
ROASTED VEGGIES OVER QUINOA  
VEGGIE AND FRUIT MIX

## DINNER OPTIONS

### **VEGETABLE LASAGNA**

SERVED WITH SWEET CORN & ASPARAGUS

### **ROASTED CHICKEN**

SERVED WITH MASHED POTATOES & BROCCOLI

### **CAJUN SALMON & SHRIMP**

TOPPED WITH GOUDA CHEESE SAUCE  
SERVED WITH ROASTED BRUSSEL SPROUTS & WILD RICE

### **GARLIC STEAK BITES**

SERVED WITH HERB ROASTED POTATOES & ASPARAGUS

