



(IN-HOME) MEAL PREP SAMPLE MENU



Mini Egg Souffle

VEGGIES, BACON, SMOKED GOUDA



Meatloaf

ROASTED GARLIC MASHED
POTATOES & SQUASH CASSEROLE



Grilled Chicken

CHIMICHURRI, SUMMER QUINOA
SALAD, ROASTED CARROTS



Ginger Glazed Salmon

STIR-FRY RICE, SAUTEED
ASIAN VEGETABLES