

Meal Prep

Menu Template

Meal 1

Garlic Herb Chicken with Roasted Vegetables

marinated chicken breast, fresh herbs roasted seasoned vegetables

Meal 2

Honey Sriracha Salmon with Jasmine Rice

Pan seared salmon, coconut, cilantro jasmine rice

Meal 3

Lean Turkey Meatballs and Marinara

603 grown zucchini zoodles

Meal 4

Beef Quinoa Stuffed Peppers

local grass-fed beef, aromatic herbs

Meal 5

Creamy Tuscan Chicken with Cauliflower Mash

sun-dried tomatoes, spinach