

WEEKLY MEAL PREP

menus.



ASIAN CUISINE

- *Chicken Fried Rice with Mixed Vegetables*
- *Ginger Garlic Chicken, Jasmin Rice & Green Beans*
- *Beef Fried Rice with Vegetables*
- *Sweet Chili Chicken, Jasmine Rice & Broccoli*
- *Teriyaki Salmon, Jasmin Rice & Edamame*
- *Miso-Glazed Chicken, Jasmin Rice & Broccoli*
- *Ginger Soy Salmon, Jasmin Rice & Asian Vegetables*
- *Beef Teriyaki Bowls with Broccoli & Jasmin Rice*
- *Thai Coconut Chicken Curry with Jasmin Rice*
- *Thai Coconut Shrimp Curry with Jasmine Rice*
- *Chicken Tikka Masala, Basmati Rice & Vegetables*
- *Butter Chicken, Basmati Rice & Green Beans*
- *Chicken Curry, Basmati Rice & Roasted Vegetables*
- *Coconut Chicken Curry with Basmati Rice*

MEDITERRANEAN CUISINE

- Roasted Herb Lemon Chicken, Rice & Grilled Vegetables
- Mediterranean Ground Beef Bowl With Rice tomatoes Cucumbers,Olives,Crummbled Feta, Tzatziki
- Garlic Shrimp, Couscous & Mediterranean Vegetables
- Chicken Shawarma Bowls with Rice & Hummus
- Mediterranean Salmon, Couscous & Roasted Vegetables
- Beef Kofta, Rice & Roasted Vegetables
- Mediterranean Turkey Meatballs, Couscous & Green Beans
- Baked Lemon Herb Chicken, Orzo & Roasted Vegetables
- Turkey Meatballs, Rice & Tzatziki
- Mediterranean Steak With Mixed Greens Tomatoes,Chickpeas,Cucumbers,Red Onions,Feta Cheese,Herb Vinaigrette

L A T I N C U I S I N E

- Puerto Rican-Style Pork Loin with Arroz con Gandules
- Latin Garlic Shrimp with Rice & Black Beans
- Chile-Lime Grilled Chicken with Rice & Corn
- *Latin-Style Salmon with Cilantro-Lime Rice & Vegetables*
- Chicken & Chorizo Paella with Vegetables
- Cuban-Style Mojo Chicken with Yellow Rice & Plantains
- Pollo Guisado with Rice & Beans
- Cuban Garlic Pork with Black Beans & Rice
- Brazilian-Style Beef with Rice & Black Beans
- Peruvian-Style Chicken with Green Sauce & Yellow Rice
- *Cuban Ropa Vieja with White Rice & Plantains*
- Chicken Fajitas with Mexican Rice & Beans
- Carne Asada with Cilantro-Lime Rice & Pinto Beans
- Southwest Chicken, Corn, Black Beans & Rice

C A R I B B E A N C U I S I N E

- Jerk Chicken, Rice & Peas & Cabbage
- Jamaican Jerk Salmon, Rice & Peas
- Pineapple Jerk Chicken, Coconut Rice & Vegetables
- Caribbean Garlic Shrimp, Rice & Plantains
- Coconut Curry Chicken, Rice & Caribbean Vegetables

HEALTHY CUISINE

- Grilled Chicken, Basmati Rice & Roasted Broccoli
- Lemon Herb Salmon, Quinoa & Asparagus
- Turkey Meatballs, Sweet Potato & Green Beans
- Blackened Chicken, Quinoa & Roasted Vegetables
- Garlic Shrimp, Basmati Rice & Broccoli
- Grilled Steak, Sweet Potato & Asparagus
- Herb Turkey Breast, Quinoa & Green Beans
- Honey Garlic Salmon, Brown Rice & Broccoli
- Chicken, Sweet Potato & Brussels Sprouts

ITALIAN CUISINE

- *Tuscan Garlic Chicken - Creamy garlic sauce Spinach & sun-dried tomatoes*
Parmesan roasted potatoes
- *Chicken Piccata - Lemon-caper chicken*
Garlic butter sauce
Parmesan herb rice
Roasted broccoli
- *Balsamic Chicken - Herb-marinated chicken*
Balsamic glaze
Roasted garlic potatoes
Green beans
- *Sicilian-Style Chicken - Roasted chicken*
Tomatoes, olives & capers
Garlic-herb
couscous
Roasted vegetables
- *Lemon Herb Salmon Italiano - Lemon-herb roasted*
salmon
Parmesan risotto-style rice
Asparagus
Lemon butter sauce
- *Chicken Florentine - Pan-seared chicken*
Garlic
Parmesan cream sauce
Spinach
Herb roasted
potatoes
- *Creamy Tuscan Chicken Pasta - Grilled chicken*
Penne
Creamy garlic
Parmesan sauce
Spinach &
sun-dried tomatoes
- *Chicken Alfredo — Fusilli Pasta & broccoli*
- *Shrimp Scampi Orzo & Asparagus*

AMERICAN COMFORT CUISINE

- *Beef Stroganoff — Beef, mushrooms, onions & egg noodles*
- *Pork Tenderloin — Herb-roasted pork, sweet potatoes & green beans*
- Shrimp & Sausage Jambalaya
- Cajun Chicken Pasta Roasted Vegetables
- Turkey meatballs + marinara Parmesan rice
Zucchini
- Buffalo Chicken , Macaroni & Cheese, Green Beans
- BBQ Beef or Turkey Meatloaf +Mashed potatoes,
Glazed carrots
- Roasted herb chicken + pan gravy Garlic mashed
potatoes Green beans
- Herb-roasted turkey Mashed potatoes Cranberry &
green beans
- Pulled BBQ Pork Slow-cooked pulled pork Roasted
potatoes Coleslaw

NEW RECIPES ADDED EVERY
FEW MONTHS