

Sample Menu



Soy glazed chicken thighs – Marinated chicken thighs served with roasted bok choy with scallions, and rice.

Meatloaf – Meatloaf with a tangy tomato glaze. Served with mashed potatoes and green beans.

Parmesan crusted chicken – Served with roast potatoes and arugula salad with tomatoes, shaved parm and balsamic vinaigrette.

Marry me salmon – Salmon cooked in a creamy sun-dried tomato sauce. Served with lemony pasta with wilted spinach.

Meal prep is for 4 portions of each meal (16 meals in total.)

Please let me know if you would like anything revised or swapped out.

Thank you!

