Sample Menu

Greek meatballs – Mediterranean inspired meatballs served with rice, greek salad and garlicky yogurt sauce.
Shepherd's pie – Ground beef and veggies in a savory sauce, topped with mashed potatoes.
Black bean burgers – served with roast potatoes, green beans, and creamy chipotle sauce.
Pesto chicken pasta – Creamy pesto chicken tossed with pasta, spinach and tomatoes.

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!