

Thank you for your interest in our meal prep program. I can most definitely work with you and your family to create an experience that you guys will enjoy. I have included a menu that we are currently using with most of our meal prep recipients, but of course we can personalize items to your needs. This is how our meal prep delivery works.

Orders need to be in every Thursday by midnight. Delivery is Every Monday within your 4 hour window preference.

We serve the tri-state area. There is a delivery fee based upon your proximity from 63 Pilot Street, Bronx NY 10464 (Our commissary kitchen)

There is a minimum order amount of \$150. There is a minimum item amount of 4

There is also a 4% Credit Card Processing Fee or There are other payment options.

Seared Chicken Breast	Teriyaki Glazed	\$ 12.00	
	Mesquite Barbecue Dusted & BBQ Sauce	\$ 12.00	
	Pesto Coated	\$ 12.00	
	Lemon & Herb Roasted	\$ 12.00	
	Blackened	\$ 12.00	
	Hawaiian Chicken	\$ 12.00	
	Mango Salsa	\$ 12.00	
	Stir Fry	\$ 12.00	
	& Broccoli	\$ 12.00	
	Fajita	\$ 12.00	
	Garlic Grilled (Thigh)	\$ 12.00	
Seared Salmon	Teriyaki Glazed	\$ 15.00	
	Mesquite Barbecue Dusted & BBQ Sauce	\$ 15.00	
	Pesto Coated	\$ 15.00	
	Lemon & Herb Roasted	\$ 15.00	
	Blackened	\$ 15.00	
	Hawaiian Chicken	\$ 15.00	
	Mango Salsa	\$ 15.00	
	Stir Fry	\$ 15.00	
	Fajita	\$ 15.00	
Pork Tenderloin	Teriyaki Glazed	\$ 12.00	
	Mesquite Barbecue Dusted with BBQ Sauce on the side	\$ 12.00	

	Herb Roasted	\$ 12.00	
	Blackened	\$ 12.00	
	Hawaiian Pork	\$ 12.00	
	Balsamic, Shredded	\$ 12.00	
	Pulled Pork Shoulder	\$ 12.00	
Hanger Steak	Chile Marinated	\$ 15.00	
	Fajita	\$ 15.00	
	& Broccoli	\$ 15.00	
	Stir Fry	\$ 15.00	
	Garlic & Herb Marinated	\$ 15.00	
Shrimp	Cajun	\$ 12.00	
	Chile Lime	\$ 12.00	
	Blackened	\$ 12.00	
	Herb Roasted	\$ 12.00	
	Fajita	\$ 12.00	
	& Broccoli	\$ 12.00	
	Stir Fry	\$ 12.00	
Meatballs	Classic in Marinara	\$ 12.00	
	Barbecue	\$ 12.00	
	Jamaican Jerk	\$ 12.00	
	Mangolian Beef	\$ 12.00	
	Mediterranean Lamb	\$ 12.00	
Salads	Cobb Salad w/ Chicken & Bacon	\$ 12.00	
	Greek Salald	\$ 10.00	
	Superfood Salad	\$ 10.00	
	Kale Salad	\$ 10.00	
	Chicken Caesar	\$ 12.00	
	Chicken Salad 1qt.	\$ 10.00	
	Curry Chicken Salad 1qt.	\$ 10.00	
	Tuna Salad 1qt.	\$ 10.00	
Soba Noodle Stir Fry		\$ 15.00	
Vegetable Lo Mein. (pad thai rice noodles) (gf)		\$ 15.00	
Spaghetti with Bolognese Sauce		\$ 15.00	
Baked Ziti		\$ 15.00	
Cajun Cream Sauce Pasta		\$ 15.00	
Spinach & Tomato Tuscan Pasta		\$ 15.00	
Wild Rice Pilaf		\$ 8.00	

Jasmine Rice		\$ 8.00	
Brown Fried Rice		\$ 8.00	
Cauliflower Rice		\$ 8.00	
Brown Rice & Quinoa Blend		\$ 8.00	
Herb Saffron Rice		\$ 8.00	
Mexican Rice Blend		\$ 8.00	
Mashed Potato		\$ 8.00	
Herb Roasted Baby Potato		\$ 8.00	
Mashed Sweet Potato		\$ 8.00	
Roasted Sweet Potato		\$ 8.00	
Pan Fried Potatoes w/ Garlic & Caramelized Onions		\$ 8.00	
Curried Lentil Dal		\$ 8.00	
Cuban Black Beans		\$ 8.00	
Dominican Kidney Beans		\$ 8.00	
Garlic Roasted Broccolini		\$ 8.00	
Roasted Broccoli		\$ 8.00	
Garlic & Herb Roasted Green Beans		\$ 8.00	
Mixed Seasonal Vegetables		\$ 8.00	
Roasted Brussel Sprouts		\$ 8.00	
Roasted Cauliflower Salad		\$ 8.00	
Curry Roasted Cauliflower		\$ 8.00	
Mediterranean Marinated Chickpea Salad		\$ 8.00	
Grilled Asparagus		\$ 8.00	
Roasted Brussel Sprouts with Caramelized Onions		\$ 8.00	
Mexican Style Roasted Corn		\$ 8.00	
Roasted Acorn Squash		\$ 8.00	
Roasted Delacata Squash		\$ 8.00	
Brown Sugar Balsamic Roasted Carrots		\$ 8.00	
Herb Roasted Carrots		\$ 8.00	
Grilled Vegetable Blend		\$ 8.00	
Garlic Sauteed Collard Greens		\$ 8.00	
Roasted Wild Mushroom Blend		\$ 8.00	
Sauteed Kale, Garlic & Leeks		\$ 8.00	
Sauteed Spinach with Garlic		\$ 8.00	
Vegetable Stir Fry		\$ 8.00	

Tofu Fajita		\$ 8.00	
Grilled Tofu		\$ 8.00	
Fried Tofu			