

# MEAL PREP MENU

**PLANNING  
MADE EASY!**

*Pricing is determined by number of meals & meal type.*

*For weekly orders, please submit your menu choices and payment by the Friday before.*

*Pick-up/ Drop-off arrangements will be discussed once your order is confirmed.*



**THE MENU CAN BE CUSTOMIZED TO FIT YOUR NEEDS!**

**NEEDING HEALTHY OPTIONS?**

5 Meals a Week: \$60.00 - Beef/Pork/Chicken Meals

5 Meals a Week: \$75.00 - Fish/Shrimp/Salmon Meals

10 Meals a Week: \$110.00 - Beef/Pork/Chicken Meals

10 Meals a Week: \$130.00 - Fish/Shrimp/Salmon Meals

Each meal includes two sides

**KETO OPTIONS AVAILABLE!**

**NO TIME TO COOK DINNER? LET P B & J TAKE CARE OF IT FOR YOU! CHECK OUT A FEW MENU ITEMS WE OFFER FOR MEAL PREP, BUT WE CAN CUSTOMIZE AS NEEDED!**

- Chicken and Broccoli Stir Fry
- Parmesan Crusted Pork Chops or Chicken
- Salisbury Steak
- Pepper Steak
- Blackened Tilapia
- Shrimp or Chicken Alfredo
- Meatloaf
- Lasagna

**SIDES**

- |                 |                  |
|-----------------|------------------|
| Mashed Potatoes | Rice             |
| Mac and Cheese  | Salad            |
| Green Beans     | Corn             |
| Cabbage         | Steamed Broccoli |

