



MEAL PREP MENU

PROTEIN

Fried Chicken Wings
Fried Chicken Mixed
Baked Chicken Mixed
Fried Catfish
Roast Beef/w Gravy

SIDES

Broccoli
Vegetable Medley
Asparagus
Squash and Zucchini
Roasted Potatoes
Brown rice

COMBINATION

Stir Fry shrimp
Stir Fry Chicken
Shrimp Fajitas with brown rice
Chicken Fajitas with Brown rice