

MACROMEALS MENU

MENU 1 (Low Carb)

BREAKFAST

Egg White, Asparagus, Turkey Sausage

DINNER

Chicken Parm With Spinach

MENU 2 (Medium Carbs)

BREAKFAST

Lemon Pancakes

LUNCH

Ground Turkey and sweet potatoes

MENU 3 (Vegetarian)

LUNCH

Southwest Hummus Wrap (Beans, Spinach, cheese)

DINNER

Southwest Burrito Bowl

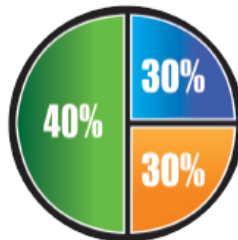
IMPORTANT INFO

Orders must be placed by Tuesday at 10pm for the following week.

Meal pick up is Friday-Sunday 10am to 10pm.

I do accept "special" orders outside of my menu items just email me if you interested in an option you do not currently see on my website. fitwchris@gmail.com

MACROMEALS



"No thinking, just eating"