

MACROMEALS MENU

MENU 1 (Low Carb)

BREAKFAST

Chicken Egg N Cheese Breakfast Burrito

DINNER

Pizza Supreme Cauli Bake

MENU 2 (Medium Carbs)

BREAKFAST

Sweet Potato Chocolate Chip Pancakes

LUNCH

Open Face Cheeseburger with Fruit

MENU 3 (Vegetarian)

LUNCH

General Tso's Veggie and Rice

DINNER

Spinach And Tortellini Soup

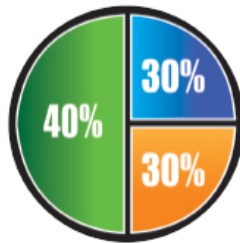
IMPORTANT INFO

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"