

Athletes/Competitors

PROTEINS (Per Pound)

-Chicken \$3.50 (Plain)

BBQ - \$4

Jerk - \$4

-Ground Beef (90% lean) \$15

-Top Sirloin \$19 (Seasoned)

-Seasoned Fish (swai, snapper, cod) \$19

CARBS (Per Pound)

-White Rice \$1.60 (plain)

-Brown Rice \$2.60 (plain)

-Roasted White Potato \$1.10 (Seasoned)

-Roasted Red Potato \$2.25 (Seasoned)

-Roasted Sweet Potato \$1.3 (Seasoned)

VEGGIES (Per Pound)

-Roasted Seasoned Mixed Medley (Broccoli, Cauliflower, Carrots) \$7

-Kale (cooked and seasoned) \$11

-Green beans (Seasoned) \$7