

HOTJOES

Mealprep

STEP 1: CHOOSE PROTEIN

TERIYAKI CHICKEN \$8.5

GARLIC PARM CHICKEN \$8.5

HONEY HOT CHICKEN \$8.5

JALAPENO RANCH CHICKEN \$9.5

HONEY MUSTARD CHICKEN \$9.5

GREEN CHILE CHEESE TURKEY \$8.5

COWBOW TUKREY PATTY \$9.5

RED CHIMICHURRI STEAK \$11

TACO BEEF PATTY \$9.5

LEMON PEPPER TILAPIA \$8.5

TERIYAKI SALMON \$11

RED CHIMICHURRI SHRIMP \$11

CHICKEN BY THE POUND

\$14

TERIYAKI
GARLIC PARM

\$15

HONEY MUSTARD
JALAPENO RANCH

STEP 2: CHOOSE VEGGIES

BROCCOLI

GREEN BEANS

MIXED SQUASH

ASPARAGUS +\$1

ROASTED BRUSSEL SPROUTS +\$1

STEP 3: CHOOSE CARBS

JASMINE RICE

BROWN RICE

MASHED POTATO

MASHED SWEET POTATO +\$1

REPLACE CARBS FOR DOUBLE VEGGIES +\$1