

HOTJOES

Mealprep

STEP 1: CHOOSE PROTEIN

TERIYAKI CHICKEN \$8.5
GARLIC PARM CHICKEN \$8.5
HONEY HOT CHICKEN \$8.5
BULGOGI CHICKEN \$9.5
GREEK FETA CHICKEN \$9.5
CREAMY BUFFALO CHICKEN \$9.5
ITALIAN TURKEY PATTY \$9.5
GARLIC HERB STEAK \$12
COWBOY BEEF PATTY \$9.5
LEMON PEPPER TILAPIA \$8.5
SPICY LEMON PEPPER SHRIMP \$11

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

CHICKEN BY THE POUND

\$14

LEAN GRILLED CHICKEN

\$15

TERIYAKI
HONEY HOT
CREAMY BUFFALO

BREAKFAST

PROTEIN MINI PANCAKES
WITH BACON & SAUSAGE \$8.5