



407-902-6079

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<https://mrgrassfed.com/>

Meal Prep. Pricing is \$15 per individual meal. Bulk, customizable meal plans at a fixed price TBD on individual basis.

Chicken:

Shredded chicken - korean style bbq sauce, kimchi, cucumbers, lettuce cups

Grilled chicken - honey glazed carrots, farro, tangy BBQ sauce

Basil Chicken - bell pepper mix, cucumber salad, thai basil sauce

Beef:

¼# Grassfed Beef Burger - lettuce buns, pickles, roasted squash, “thousand island” sauce

Beef Tacos - lettuce cups, grilled pineapple, guac, lime

Grassfed Meatballs - roasted spaghetti squash, tomato sauce, mozzarella and parm, micro greens

Pork:

Cubano Bowl - pork shoulder, plantains, grassfed cheddar, quinoa and rice mix, orange and lime.



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Pork Tenderloin - Apple chutney, brussel sprouts, balsamic, farro

Pork Chops - roasted sweet potato, green beans, maple glaze

Seafood:

Salmon - honey soy glaze, stir fry of mushrooms, green onions, sweet potato, mango, quinoa and rice

Greek Shrimp Salad - cucumber, blueberries, grassfed feta cheese, chickpeas, oregano, lemon, micro greens

Blackened Snapper - mango salsa, avocado crema, cilantro lime rice

Breakfast:

Oates for \$8 each

Tropical Oats - coconut water, bananas, mango and coconut flakes

Mapleberry Oats - local blueberries, maple syrup, toasted almonds

Cinnamon Apples - roasted apples, cinnamon, pecans