



ROOTED JOY MEAL PREP

Pick up location
2968 HWY 2779
Hardinsburg, KY 40143
(270)668-9998

Pick up Monday 3- pm CST &
Tuesday 11am- 1pm CST

Deliveries within
Hardinsburg city limits,
Tuesday

Deliveries/Pick ups in
Leitchfield on Tuesday
mornings

Meet in Brandenburg on
Tuesday

\$2.00 fee for all deliveries

Clean prep \$7.50
Seasoned prep \$8.75
Bowls \$10.00
(Tax not included)

Pickup October 1

Clean Prep– Buffalo shredded chicken, sweet potatoes, and brussel sprouts.
310 Calories, 28 Carbs, 8 Fat, 31 Protein.

Seasoned Prep– Jalapeño Popper chicken with roasted cauliflower.
355 calories, 6 Carbs, 23 Fat, 31 Protein

Bowl– Sushi bowl with cooked shrimp, jasmine rice, shredded carrots, cucumbers and yum yum sauce.
440 Calories, 46 Carbs, 13 Fat, 31 Protein.

Pickup October 8 and 9

Clean Prep– Seasoned ground beef with sweet potatoes and peas.
335 Calories, 38 Carbs, 5 Fat, 28 Protein.

Seasoned Prep– Roasted chicken thigh with green beans, peppers and butternut squash.
310 Calories, 16 Carbs, 12 Fat, 25 Protein.

Bowl– Bacon Jam Burger bowl with seasoned beef, bacon jam, roasted cauliflower, cherry tomatoes, and roasted broccoli.
480 Calories, 23 Carbs, 25 Fat, 30 Protein.

Pickup October 18 and 19 (PICK-UP DAYS SWITCH)

Clean Prep–Seasoned beef with jasmine rice and peas.
420 Calories, 46 Carbs, 11 Fat, 29 Protein.

Seasoned Prep– Cajun chicken with peppers, cream cheese and a side of roasted zucchini.
315 Calories, 9 Carbs, 17 Fat, 35 Protein.

Bowl– Chicken Harvest Bowl with roasted chicken breast, crisp kale, brussel sprouts, apple, sweet potatoes, feta and a creamy balsamic dressing.
510 Calories, 53 Carbs, 16 Fat, 42 Protein.

Pickup October 25 and 26

Clean Prep– Shredded chicken with jasmine rice and broccoli.
365 Calories, 46 Carbs, 4 Fat, 29 Protein

Seasoned Prep– Chicken ranch stuffed peppers with broccoli.
305 Calories, 16 Carbs, 21 Fat, 30 Protein

Bowl– Big Ol' Burger Bowl, with ground beef, sweet potato fries, pickles, salad and dressing.
430 Calories, 18 Carbs, 24 Fat, 25 Protein

Pickup November 1 and 2

Clean Prep– Lemon chicken cauliflower.
222 calories, 11 Carbs, 4 Fat, 34 Protein.

Seasoned Prep–Philly Cheesesteak stuffed peppers with roasted cauliflower.
370 Calories, 13 Carbs, 23 Fat, 31 Protein.

Bowl– Chicken fajitas with a side of tex–mex cauliflower drizzled with cilantro cream sauce.
380 Calories, 23 Carbs, 21 Fat, 28 Protein.

Pickup November 8 and 9

Clean Prep– Seasoned ground turkey with peas and roasted carrots.
290 Calories, 25 Carbs, 11 Fat, 28 Protein.

Seasoned Prep– Meat ball marinara with spaghetti squash and roasted broccoli.
370 calories, 25 carbs, 18 fat, 24 protein.

Bowl–Chicken alfredo bowl with seasoned chicken breast, broccoli, mushrooms, tomatoes and spaghetti squash.
450 Calories, 18 Carbs, 25 Fat, 38 Protein.

Pickup November 15 and 16

Clean Prep– Paleo Eggroll Bowl with grilled chicken.
300 calories, 22 Carbs, 7 Fat, 37 Protein.

Seasoned Prep– Honey jalapeno chicken with roasted sweet potatoes and broccoli.
350 Calories, 33 Carbs, 7 Fat, 31 Protein.

Bowl– Ginger Chicken Bowl with roasted broccoli, sweet potato, quinoa, power greens, red onion and creamy cilantro lime dressing.
450 Calories, 50 carbs, 20 fat, 31 protein.

Breakfast

Vegan Overnight oats – \$8.00 (2 servings)

PB&Strawberry

Per serving

381 Calories, Carbs 40, Fat 21, Protein 13.

Maple Pecan

Per serving

305 Calories, 45 Carbs, 10 Fat, Protein 7.

Egg Cups– \$9.00

Bacon and spinach egg cups.

220 Calories, 2 carbs, 12 Fat, 22 Protein.

Protein Pancakes with Canadian bacon and sugar free syrup.

265 Calories, 42 Cabs, 3 Fat, 23 Protein.

Baked Oatmeal with peanut butter drizzle and a side of Canadian bacon.

345 Calories, 25 Carbs, 18 Fat, 20 Protein.

Snacks

Vegan

PB balls

Calories 75, Carbs 9, Fat 3, Protein 2

Half order (10) 7.00

Full order (20) 12.50

Macro

Grape salad

190 Calories, 25 Carbs, 4 Fat, 16 Protein

1 serving \$5.00

Paleo

Banana Chip Mini Muffins

108 Calories, 9 Carbs, 8 Fat, 3 Protein.

6 Mini \$4.50

12 Mini \$9.00

Keto

Fluff

220 Calories, 5 Carbs, 22 Fat, 1 Protein.

8 oz. (2 servings) \$4.00

16 oz (4 servings) \$8.00

All nutritional information is available under each item.

**There are 3 categories for meals listed and each have different prices.
See first page.**

Pickups are Fridays 4-6 pm CST and Saturdays 12-3 pm CST.

ALL INVOICES MUST BE PAID WITHIN 48 HOURS!!

**Thank you for
your business!**