 **Pick up location**

 **2968 HWY 2779**

 **Hardinsburg, KY 40143**

 **(270)668-9998**

**Pick up Friday 4-6 pm CST & Saturday 12pm-3 pm CST**

**Deliveries within Hardinsburg City Limits, Saturday mornings**

**Clean prep $7.50**

**Seasoned prep $8.50**

**Bowls $10.00**

(Tax not included)

***Pickup January 8th and 9th***

**Clean Prep**- Paprika shredded chicken thigh, jasmine rice and steamed green beans.

**400 Calories, 42 Carbs, 13 Fat, 25 Protein**.

**Seasoned Prep**- Seasoned beef and broccoli over roasted potatoes.

3**52 Calories, 26 Carbs, 15 Fat, 27 Protein.**

**Bowl**- Big Ol’ Burger Bowl, with ground beef, sweet potato fries, pickles, salad and dressing.

**430 Calories, 18 Carbs, 24 Fat, 25 Protein.**

***Soup of the week $6.00***

***Vegetable beef soup***

***Calories 219, 14 Carbs, 7 Fat, 22 Protein***

***Pickup January 15th and 16th***

**Clean Prep**-Shredded Lemon chicken breast with brown rice and steamed green beans.

**300 Calories, Carbs 38, Fat 4, Protein 29.**

**Seasoned Prep**-Meatball marinara with roasted spaghetti squash .

**332 Calories, 20 Carbs, 17 Fat, 25 Protein.**

**Bowl**-Sushi bowl with cooked shrimp, jasmine rice, shredded carrots, cucumbers and yum yum sauce.

**440 Calories, 46 Carbs, 13 Fat, 31 Protein.**

***Soup of the week $6.00***

***Chicken Ramen broth bowl***

***200 Calories, 19.6 carbs, 2.2 fat, 27.9 protein***

***Pickup January 22nd and 23rd***

**Clean Prep**-Seasoned beef with jasmine rice and peas.

**456 Calories, 67 Carbs, 8 Fat, 29 Protein.**

**Seasoned Prep**-Philly Cheesesteak Stuffed peppers with a side of roasted cauliflower.

**344 Calories, 13 Carbs, 24 Fat, 22 Protein.**

**Bowl**-Chicken fajitas with a side of tex-mex caulirice drizzled with cilantro cream sauce.

**380 Calories, 23 Carbs, 21 Fat, 28 Protein.**

***Soup of the Week $6.00***

***Italian Chicken Vegetable***

***Calories 247, 11 Carbs, 11 Fat, 17 Protein***

***Pickup January 29th and 30th***

**Clean Prep**-Seasoned pork loin with caulirice.

**330 Calories, 11 Carbs, 11 Fat, 39 Protein.**

**Seasoned Prep**-Philly Steak Stuffed peppers with a side of roasted cauliflower.

**344 Calories, 13 Carbs, 24 Fat, 22 Protein.**

**Bowl**-Salmon patty bowl with crisp kale, roasted chickpeas, carrots, and paprika vinaigrette.

**400 Calories, 30 Carbs, 19 Fat, 28 Protein.**

***Pickup February 5th and 6th***

**Clean Prep**- Shredded chicken breasts with jasmine rice and peas.

**330 calories, 45 Carbs, 2 Fat, 30 Protein.**

**Seasoned Prep**-Roasted chicken thighs with green beans, peppers, and butternut squash.

**344 Calories, 13 Carbs, 24 Fat, 22 Protein.**

**Bowl**-Beef barbacoa with tex mex caulirice, fresh salsa, and cilantro sauce.

**433 calories, 18 Carbs, 2 Fat, 32 Protein.**

***Pickup February 12th and 13th***

**Clean Prep**- Lemon chicken caulirice.

**222 calories, 11 Carbs, 4 Fat, 34 Protein.**

**Seasoned Prep**-Cauliflower lasagna.

**344 Calories, 13 Carbs, 24 Fat, 22 Protein.**

**Bowl**-Steak and Ramen bowl with broccoli and mushrooms.

**415 Calories, 24 Carbs, 22 Fat, 29 Protein.**

***Pickup February 19th and 20th***

**Clean Prep**- Seasoned ground turkey with brown rice and brussel sprouts.

**370 calories, 40 Carbs, 11 Fat, 28 Protein.**

**Seasoned Prep**-Maple garlic pork loin with roasted broccoli and quinoa.

**390 Calories, 35 Carbs, 14 Fat, 27 Protein.**

**Bowl**-Sloppy Joe bowl with roasted spaghetti squash and broccoli.

**395 calories, 22 Carbs, 19 Fat, 23 Protein.**

Breakfast

***Vegan Overnight oats*** - $8.00 (2 servings)

PB&Strawberry

**Per serving**

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

Brownie Batter Oats

**Per serving**

**402 Calories, 65 carbs, 12 Fat, Protein 8.**

Oatmeal bake**- $8.50**

**Baked oatmeal topped with peanut butter drizzle and a side of homemade chicken sausage.**

**495 Calories, 39 Carbs, 25 Fat, 28 Protein**

**Snacks**

|  |  |
| --- | --- |
|  |  |
| *Paleo Muffins*Almond butter chocolate chip muffins**Calories 237, Carbs 18, Fat 20, Protein 7**2 for $4.004 for $7.50 | *Keto*Cheesecake Fluff**Calories 220, Carbs 5, Fat 22, Protein 1.**Half order (1 serving) $3.50Full order(2 servings) $6.00 |

**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!**