



MEAL PREP MENU

MEAL 1

Apricot Glazed Jam Salmon
Steamed Jasmine Rice
Blanched Green Beans

MEAL 2

Grilled Chicken Breast
Sweet Potatoes
Asparagus

MEAL 3

Jambalaya
Corn Bread
w/Honey Butter

MEAL 4

Honey Soy Ginger Salmon
Steamed Broccoli

MEAL 5

Braised Beef Cubes
Roasted Carrots
Garlic Mashed Potatoes

