

The Ultimate Meal Prep with



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MEAL PREP PRICING/DESCRIPTION...

	5 Meals	10 Meals	15 Meals	20 Meals	25 Meals	Carbs	Veggies	Protein
Weight Loss	\$39.50	\$76.75	\$113.00	\$147.75	\$180.00	—	8oz	4oz
Weight Maint.	\$39.50	\$76.75	\$113.00	\$147.75	\$180.00	4oz	4oz	4oz
Weight Gain	\$62.00	\$120.00	\$177.25	\$231.75	\$281.75	8oz	8oz	6oz

WHY FRESH KITCHEN?..

Time Saving... What are those hours spent prepping worth to you?

Great Tasting... We know it's fuel. But who says it can't taste good too?

Accurate... We weigh every component of every meal!

WHAT YOU GET...



MACRO NUTRIENTS...

Menu Item	Description	Portion	Calories	Carbs (g)	Protein (g)	Fat (g)
3-Grain Pilaf	Carbs	4oz	158.2	25.3	5.2	4.1
Sweet Potato	Carbs	4oz	68	16	1	0
Balsamic Mush.	Veggies	4oz	13	1.2	1.1	0.7
Steamed Broccoli	Veggies	4oz	12.3	2.3	1.3	0.2
Roasted Veggies	Veggies	4oz	83.8	5.4	0.9	7.2
Grilled Chicken	Protein	4oz	155	0	25	5.8
Grilled Steak	Protein	4oz	150	0	25	5
Beans & Lentils	Protein/Carbs	4oz	119.7	21	6.4	0.2
Chimichurri	Sauce	1oz	100	5.2	0.7	9.6
Citrus Vinaigrette	Sauce	1oz	125	1.4	0.1	14
Sriracha	Sauce	1oz	30	6	0	0