



Menu Example

Weekly Meal Prep

MENU:

Chicken Cutlets

Roasted Mixed Vegetables

Chicken Chive Potstickers

Chicken Cobb Salads

Ahi Spicy Tuna Bowls

Vegetable Fried Rice

Chicken Scallion Stir Fry with Coconut Rice

Soy Glazed Salmon with Sugar Snap Peas

