

Custom Meal Builder

Select your PROTEIN, starchy CARB, VEGGIE, SAUCE & SIZES for each meal. Custom Meals start at \$7.50. Orders Received by Thursday at noon are available for pickup Sunday or Monday of the following week.

Protein Choices: Available in 4 oz., 6 oz. (+2.00), 8 oz. (+4.00)

Chicken, Ground Turkey, Ground Beef

Starchy Carb Choices: Available in ½ cup, 1 cup (+.25), 1 ½ cup (+.50), 2 cups (+.75)

Jasmine Rice, Brown Rice, Sweet Potato, Red Potato, Cauliflower Rice (+.75)

Veggie Choices: Available in 2 oz., 4 oz. (+.50), 6 oz. (+1.00)

Broccoli, Green Beans, Zucchini, Asparagus (+.75)

Sauce Choices: (+.50)

Firecracker, BBQ, Teriyaki

Meal 1: _____

Protein: _____

Protein Size: _____

Starchy Carb: _____

Starchy Carb Size: _____

Veggie: _____

Veggie Size: _____

Sauce: _____

Meal 2: _____

Protein: _____

Protein Size: _____

Starchy Carb: _____

Starchy Carb Size: _____

Veggie: _____

Veggie Size: _____

Sauce: _____

Meal 3: _____

Protein: _____

Protein Size: _____

Starchy Carb: _____

Starchy Carb Size: _____

Veggie: _____

Veggie Size: _____

Sauce: _____

Meal 4: _____

Protein: _____

Protein Size: _____

Starchy Carb: _____

Starchy Carb Size: _____

Veggie: _____

Veggie Size: _____

Sauce: _____

Meal 5: _____

Protein: _____

Protein Size: _____

Starchy Carb: _____

Starchy Carb Size: _____

Veggie: _____

Veggie Size: _____

Sauce: _____

Meal 6: _____

Protein: _____

Protein Size: _____

Starchy Carb: _____

Starchy Carb Size: _____

Veggie: _____

Veggie Size: _____

Sauce: _____

Meal 7: _____

Protein: _____

Protein Size: _____

Starchy Carb: _____

Starchy Carb Size: _____

Veggie: _____

Veggie Size: _____

Sauce: _____

Example:

Protein: Chicken

Size: 6 oz.

Starchy Carb: Red Potato Size: 1 cup

Veggie: Green Beans Size: 2 oz.

Sauce: none

Nutritional Info:

PROTEIN

4 oz. Chicken Calories: 130 Fat: 3 grams Carbs: 0 Protein: 24 grams

6 oz. Chicken Calories: 195 Fat: 5 grams Carbs: 0 Protein: 36 grams

8 oz. Chicken Calories: 260 Fat: 6 grams Carbs: 0 Protein: 48 grams

4 oz. Ground Turkey Calories: 160 Fat: 10 grams Carbs: 0 Protein: 20 grams

6 oz. Ground Turkey Calories: 240 Fat: 15 grams Carbs: 0 Protein: 30 grams

8 oz. Ground Turkey Calories: 320 Fat: 20 grams Carbs: 0 Protein: 40 grams

4 oz. Ground Beef Calories: 196 Fat: 12 grams Carbs: 0 Protein: 23 grams

6 oz. Ground Beef Calories: 294 Fat: 17 grams Carbs: 0 Protein: 35 grams

8 oz. Ground Beef Calories: 392 Fat: 23 grams Carbs: 0 Protein: 46 grams

STARCHY CARBOHYDRATES

1/2 cup Jasmine Rice Calories: 103 Fat: 0 Carbs: 23 grams Protein: 2 grams

1 cup Jasmine Rice Calories: 205 Fat: 0 Carbs: 45 grams Protein: 4 grams

1 1/2 cup Jasmine Rice Calories: 308 Fat: 0 Carbs: 68 grams Protein: 6 grams

2 cups Jasmine Rice Calories: 410 Fat: 0 Carbs: 90 grams Protein: 8 grams

1/2 cup Brown Rice Calories: 108 Fat: 1 gram Carbs: 22 grams Protein: 3 grams

1 cup Brown Rice Calories: 216 Fat: 2 grams Carbs: 45 grams Protein: 5 grams

1 1/2 cups Brown Rice Calories: 325 Fat: 3 grams Carbs: 67 grams Protein: 8 grams

2 cups Brown Rice Calories: 433 Fat: 4 grams Carbs: 90 grams Protein: 10 grams

1/2 cup Sweet Potato Calories: 97 Fat: 5 grams Carbs: 14 grams Protein: 1 gram
1 cup Sweet Potato Calories: 154 Fat: 5 grams Carbs: 27 grams Protein: 2 grams
1 1/2 cups Sweet Potato Calories: 211 Fat: 5 grams Carbs: 41 grams Protein: 3 grams
2 cups Sweet Potato Calories: 268 Fat: 5 grams Carbs: 54 grams Protein: 4 grams

1/2 cup Red Potato Calories: 161 Fat: 7 grams Carbs: 22 grams Protein: 3 grams
1 cup Red Potato Calories: 282 Fat: 10 grams Carbs: 44 grams Protein: 5 grams
1 1/2 cups Red Potato Calories: 404 Fat: 12 grams Carbs: 67 grams Protein: 8 grams
2 cups Red Potato Calories: 525 Fat: 15 grams Carbs: 89 grams Protein: 10 grams

1/2 cup Cauliflower Rice Calories: 13 Fat: 0 Carbs: 3 grams Protein: 1 gram
1 cup Cauliflower Rice Calories: 25 Fat: 0 Carbs: 5 grams Protein: 2 grams

1 1/2 cups Cauliflower Rice Calories: 38 Fat: 0 Carbs: 8 grams Protein: 3 grams
2 cups Cauliflower Rice Calories: 50 Fat: 0 Carbs: 10 grams Protein: 4 grams

VEGGIES

2 oz. Broccoli Calories: 10 Fat: 0 Carbs: 2 grams Protein: 1 gram
4 oz. Broccoli Calories: 19 Fat: 0 Carbs: 4 grams Protein: 2 grams
6 oz. Broccoli Calories: 29 Fat: 0 Carbs: 6 grams Protein: 2 grams
2 oz. Green Beans Calories: 14 Fat: 0 Carbs: 3 grams Protein: 1 gram
4 oz. Green Beans Calories: 28 Fat: 0 Carbs: 7 grams Protein: 2 grams
6 oz. Green Beans Calories: 42 Fat: 0 Carbs: 10 grams Protein: 2 grams
2 oz. Zucchini Calories: 17 Fat: 1 grams Carbs: 2 grams Protein: 1 gram
4 oz. Zucchini Calories: 35 Fat: 2 grams Carbs: 4 grams Protein: 1 gram
6 oz. Zucchini Calories: 52 Fat: 3 grams Carbs: 6 grams Protein: 2 grams
2 oz. Asparagus Calories: 11 Fat: 0 Carbs: 2 grams Protein: 1 gram
4 oz. Asparagus Calories: 23 Fat: 0 Carbs: 5 grams Protein: 3 grams
6 oz. Asparagus Calories: 34 Fat: 0 Carbs: 7 grams Protein: 4 grams

SAUCE

Firecracker Calories: 70 Fat: 0 Carb: 17 grams Protein: 0

BBQ Calories: 40 Fat: 0 Carb: 10 grams Protein: 0

Teriyaki Calories: 45 Fat: 0 Carb: 10 grams Protein: 1 gram

Calories & Macros For Custom Meals Are Calculated By Cooked Weight