



MEAL PREP

Made With Fresh Ingredients ONLY



Short Ribs & Baby Carrots

Braised beef short ribs with roasted carrots & beef demi sauce.

Albondigas with Basmati Rice (gluten-free)

Spanish meatballs served with pickled red onions & a cilantro garnish.
Served over basmati rice (poblano pepper is a main ingredient)

Chicken Cordon Bleu over Risotto

Chicken breast stuffed with ham & Swiss cheese over risotto with a side of brown demi sauce.

Shaved Brisket with Risotto

Slow-cooked & shaved brisket, served in natural juices.

Beef Keto Lasagna

Cauliflower keto noodles layered with cooked ground beef, ricotta, mozzarella, & parmesan cheese with marinara sauce.

Eggplant Rollatini (gluten-free)

Three eggplant cutlets stuffed with lemon ricotta cheese, topped with mozzarella cheese & marina sauce.

Meatloaf & Mashed Potatoes (gluten-free)

4 oz of meatloaf served with mashed potatoes & beef gravy.

Steak & Potatoes

Slice grilled steak with roasted potatoes & finish with garlic oil.

Mac & Cheese

Pasta with homemade cheese sauce.

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