

Dedicate Healthy Kitchen Meal Prep

Pre-Built Meals

Asian Chicken Teriyaki \$13.45
BBQ Glazed Salmon \$16.95
Butter Chicken \$13.95
Chicken Parmesan \$13.95
Chicken Alfredo \$13.45
Stuffed Chicken \$14.95
Pesto Chicken Penne \$13.45
Steak N Green Stir-fry \$13.45
Turkey Meatball Fettuccine \$13.45
Creamy Peanut Chicken \$14.95
Demi Chicken \$ 15.45
Cheesy Buffalo Salmon \$16.95
Bolognese Pasta \$13.95
Taco Bowl \$13.95
Coconut Garlic Shrimp \$15.95
Pesto Chicken Pizza \$10.95
Texas Pizza \$10.95
Original Chicken Pizza \$10.95
BBQ Chicken Pizza \$10.95
Creamy Mushroom Steak Bites \$15.45
Cheese Burger Bowl \$13.45
Pesto Chicken Quesadilla \$13.45
Ancho Chipotle Steak Wrap \$12.45
BBQ Chicken Wrap \$12.45
Chicken Tzatziki Wrap \$11.45
Chicken Panini \$13.45
Mekong Wrap \$13.45

Breakfast

Blueberry Protein Pancakes \$12.95
Chocolate Protein Pancakes \$12.95
Plain Protein Pancakes \$11.95
Bacon, egg, cheese Scrambler \$12.45
Meat Omelette \$12.95
Veggie Omelette \$11.95
Rise N Grind Burrito \$11.95
Peanut Butter Overnight Oats \$6.95
Cranberry Pecan Overnight Oats

Protein Bundles

16 oz Chicken \$18
16 oz Bison \$24

16 oz Salmon \$24
16 oz Steak Bites \$27
16 oz Ground Beef \$18
16 oz Ground Turkey \$18
16 oz Turkey Bites \$20

Veggie Bundles

16 oz Broccoli \$10.00
16 oz Carrots N Peas \$ 7.00
16 oz Cauliflower \$9.50
16 oz Mixed Peppers \$10.50
16 oz Mixed Veggies \$12.00
16 oz Seasonal Veggies \$10.50

Carb Bundles

16 oz Brown Rice \$7.00
16 oz Basmati Rice \$7.00
16 oz Sweet Potato \$9.00
16 oz Roasted Potato \$9.00
16 oz Mashed Potato \$9.00
16 oz Sweet Potato Mash \$9.00
16 oz Pesto Pasta \$9.50
16 oz Quinoa \$7.50

Custom Build Your Own Meal

Protein Options

4 oz Steak Bites \$6.00
5 oz Turkey Bites \$5.25
5 oz Ground Beef \$5.75
5 oz Ground Bison \$7.50
4 oz Ground Turkey \$4.95
6 oz Chicken Breast 5.95
6 oz Salmon \$8.50
5 oz Shrimp \$7.00
8 oz Striploin Steak \$9.95
6 oz Ahi Tuna \$9.50
Tofu \$5.50

Veggie Options 100g or 200g

Asparagus \$3.50 or \$4.75
Bell Pepper Mix \$3.00 or \$.4.50
Broc/Cauli \$3.00 or \$4.50
Broccoli \$3.00 or \$4.50
Carrots & Peas \$3.00 or \$4.50
Carrots \$3.00 or \$4.50

Cauliflower \$3.00 or \$4.50
Green Beans \$3.00 or \$4.50
Green Mix \$3.50 or \$4.75
Mixed \$3.00 or \$4.50
Peas \$3.00 or \$4.50
Seasonal Veggies \$3.00 or \$4.50
Pecan Salad \$4.95 or \$6.95
Spinach Salad \$4.95 or \$6.95

Carbs 100g \$3.00 or 200g \$5.00

Baby Potato
Sweet Potato
Pesto Pasta + \$1
Tomato pasta + \$1
Brown Rice
Basmati Rice
Quinoa
Mashed Potato
Mashed Sweet Potato

Meal Prep Sauce Options

Ancho Chipotle Sauce \$1.00
Spicy Mayo \$1.00
BBQ Sauce \$1.00
Thai Sauce \$1.00
Teriyaki Sauce \$1.00
Hot Sauce \$1.00
Pesto sauce 1.50
Tomato Sauce 1.0
Sesame Ginger 1.25
Balsamic Dressing \$1.0
Hoisin Dressing \$1.0

Treats

White Chocolate Bites \$1.95
Coconut Cream Cookie \$3.50
Protein Carrot Cake \$5.45

Packages

Bronze \$100 (\$5 in Points)
Silver \$300 (\$15 in Points)
Gold \$600 (\$60 in Points)
Platinum \$1000 (\$150 in Points)

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