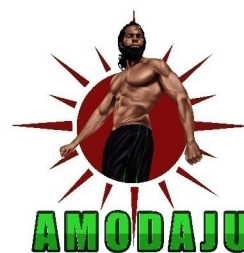


# Prepped & Pump Essential Foods

## Menu'



- 1) Sweet Thai (Shrimp,Veggie & Rice)
- 2) Slow-cooked Black Eyed Peas, Rice & Fish
- 3) Sauteed Veggies w/ Cajun Fish
- 4) Fajita Chicken Burrito Bowl
- 5) Vegetable Stir-Fry w/ Rice (Vegan)
- 6) Teriyaki Chicken Veggie Stir-Fry
- 7) Shrimp & Veggie Stir-Fry w/ Rice
- 8) Baked Rasta Pasta w/ Grilled Chicken
- 9) Grilled Chicken Quesadilla (Vegan Options)
- 10) Vegan Baked Rasta Pasta
- 11) Spinach Penne Pasta w/ Grill Chicken

**Contact: PPEFoods@gmail.com**



**1**  
Sweet Thai (Shrimp,Veggie & Rice)



**2**  
Slow-cooked Black Eyed Peas, Rice & Fish



**3**  
Sauteed Veggies w/ Cajun Fish



**4**  
Fajita Chicken Burrito Bowl



**5**  
Vegetable Stir-Fry w/ Rice (Vegan)



**6**  
Teriyaki Chicken Veggie Stir-Fry



**7**  
Shrimp & Veggie Stir-Fry w/ Rice



**8**  
Baked Rasta Pasta w/ Grilled Chicken



**9**  
Grilled Chicken Quesadilla (Vegan Options)



**10**  
Vegan Baked Rasta Pasta



**11**  
Spinach Penne Pasta w/ Grill Chicken

### Mix & Make Your Own

*pick 3 only one meat per meal*

### High Protein Meats

**Chicken Breast**  
**Salmon**  
**Shrimp**  
**Cod**  
**Turkey**

### Veggies

**Broccoli**  
**Zucchini**  
**Squash**  
**Asparagus**  
**Cauliflour**  
**Cabbage**  
**Spinach**  
**Kale**  
**Carrots**

### Starches

**Potatos**  
**Sweet Potatos**  
**Rice (brown/white)**  
**Pasta**  
**Yams**  
**Chickpeas**  
**Pinto Beans**  
**Black Eyed Peas**  
**Lima Beans**  
**Black Beans**  
**Corn**  
**Quinoa**

### Training Sessions

*\$35 per session*  
*\$61 for two weekly sessions*  
*\$88 for three weekly sessions*  
*\$225 for eight monthly sessions*  
*\$335 for twelve monthly sessions*

*Couples \$40 per session*  
*Groups (3 or more) \$15 per person*

**\$12 per meal minimum of 2 meals per order**  
**Bulk Deal 5 meals or more for \$11 per meal**  
**\$3 delivery fee FREE delivery for Training clients**