



Pick up location
2968 HWY 2779
Hardinsburg, KY 40143

Pick up Monday 3-5pm
CST

All deliveries on Tuesday
(deliveries include,
Hardinsburg, Leitchfield,
and Brandenburg)

Clean prep \$8.00
Seasoned prep \$9.00
Bowls \$10.50
(Tax not included)

Pickup April 4/5

**Clean Prep- Buffalo chicken with brussels sprouts and sweet potatoes.
328 Calories, 28 Carbs, 10 Fat, 31 Protein, 6 Fiber.**

**Seasoned Prep- Honey Dijon grilled chicken with banza pasta, tomatoes, cucumber,
onion, and Greek dressing.
441 Calories, 55 Carbs, 7 Fat, 43 Protein, 8 Fiber.**

**Bowl- Beef and Veggie Bowl contains, lean ground beef seasoned and paired with
roasted broccoli, brussels sprouts, bell peppers and a sauce with a kick.
460 Calories, 20 Carbs, 24 Fat, 31 Protein, 7 Fiber.**

Pickup April 11/12

**Clean Prep-Seasoned ground turkey, roasted carrots and peas.
270 Calories, 19 Carbs, 9 Fat, 27 Protein, 3 Fiber.**

**Seasoned prep- BBQ chicken with broccoli/cauliflower salad.
310 Calories, 5 Carbs, 16 Fat, 35 Protein, 2 Fiber.**

**Chicken Alfredo Bowl- Seasoned chicken, roasted broccoli, spaghetti squash, cherry
tomatoes, and alfredo sauce.
460 Calories, 17 Carbs, 24 Fat, 40 Protein, 7 Fiber.**

Easter Weekend – no orders

Pick Up April 25/26

**Clean Prep- Lemon chicken with mushroom caulirice.
270 Calories, 15 Carbs, 6 Fat, 44 Protein, 7 Fiber.**

Seasoned Prep- Taco chicken with jasmine rice, sautéed peppers, onions, and mushrooms.

425 Calories, 35 carbs, 16 Fat, 31 Protein, 4 Fiber.

Bowl- Burger Bowl with seasoned beef, salad greens, cherry tomatoes, sweet potato fries, pickles, and dressing.

400 Calories, 24 Carbs, 22 Fat, 26 Protein, 6 Fiber.

Pickup May 2/3

**Clean Prep- Shredded chicken breast, jasmine rice, and broccoli.
365 Calories, 46 Carbs, 4 Fat, 28 Protein, 4 Fiber.**

**Seasoned Prep- Beef and broccoli with roasted potatoes and brussels sprouts.
415 Calories, 35 carbs, 16 Fat, 29 Protein, 8 Fiber.**

Bowl- Chicken Carnita bowl with chicken carnitas, jalapeno cilantro slaw, streetcorn and dressing.

451 Calories, 32 Carbs, 35 Fat, 25 Protein, 6 Fiber.

Pickup May 9/10

**Clean Prep- Seasoned beef, jasmine rice, and peas.
410 Calories, 45 Carbs, 10 Fat, 30 Protein, 3 Fiber.**

**Seasoned Prep- Cajun chicken with roasted broccoli and zucchini.
390 Calories, 18 Carbs, 21 Fat, 33 protein, 6 Fiber.**

Bowl- Chicken Fajita Bowl with seasoned chicken breast, peppers, tex mex caulirice and jalapeno ranch.

459 Calories, 25 Carbs, 28 Fat, 40 Protein, Fiber.

Pickup May 16/17

Clean Prep- Paleo Egg Roll Bowl

300 Calories, 22 Carbs, 7 Fat, 37 Protein, 7 Fiber.

Seasoned Prep- Taco Tot Bowl with lean, seasoned ground beef, tater tots, onion, tomatoes, and cheese.

420 Calories, 28 Carbs, 25 Fat, 29 Protein, 5 Fiber.

Bowl- Lemon grilled chicken with seasoned orzo, broccoli, bacon, bell pepper, tomatoes, cheddar cheese and dressing.

495 Calories, 29 Carbs, 22 Fat, 39 Protein, 3 Fiber.

Pickup May 16/17

Clean Prep- Grilled chicken with sweet potatoes and asparagus

300 Calories, 19 Carbs, 8 Fat, 36 Protein, 3 Fiber.

Seasoned Prep- Chicken ranch peppers with shredded chicken, cauliflower, cilantro, jalapeno and ranch.

322 Calories, 7 Carbs, 20 Fat, 25 Protein, 3 Fiber.

Bowl- Shrimp sushi Bowl with ginger shrimp, jasmine rice, cucumber, carrot and yum yum sauce.

400 Calories, 32 Carbs, 16 Fat, 28 Protein, 3 Fiber.

Breakfast

Vegan Overnight oats - \$8.00 (2 servings)

Strawberry and PB Oats

Per serving

240 Calories, 31 Carbs, 10 Fat, 9 Protein.

Almond Joy Oats

Per serving

231 Calories, 37 Carbs, 7 Fat, 8 Protein.

Lemon Blueberry Oats

Per serving

231 Calories, 37 Carbs, 7 Fat, 8 Protein.

Egg Cups- \$9.00 (2 servings)

Bacon Spinach- eggs, spinach, and local bacon.

198 Calories, 2 Carbs, 11 Fat, 21 Protein.

Breakfast scramble- \$9.00

Scrambled eggs, local sausage, cheese, hashbrowns and salsa.

390 Calories, 11 Carbs, 22 Fat, 31 Protein.

Pancakes \$9.00

Protein Pancakes with Canadian bacon or chicken sausage and sugar free syrup.

265 Calories, 42 Carbs, 3 Fat, 23 Protein.

Snacks

Paleo/Keto

Cacao bombs

Calories 71, 2 carbs, 6 Fat, 2 Protein.

Half order 5 (5 servings) \$5.00

Full order 10 (10 servings) \$10.00

Macro

Strawberry Shortcake Parfait

Per serving

216 Calories, 35 Carbs, 5 Fat, 14 Protein

Half order (1 serving) \$4.00

Full order (2 servings) \$7.00

Macro

Protein Chocolate Chip Cookies

Per serving

Calories 142, 16 Carbs, 7 Fat, 5 Protein, 2

Fiber.

Half order (6 servings) \$6.00

Full order (12 servings) \$12.00

Macro

Grape salad

190 Calories, 25 Carbs, 4 Fat, 16 Protein

1 serving \$5.00

All nutritional information is available under each item.

There are 3 categories for meals listed and each have different prices. See first page.

**Pick-ups are Monday 3-5 PM CST and all deliveries
will be on Tuesday.**

ALL INVOICES MUST BE PAID WITHIN 48 HOURS!!

**Thank you for
your
business!**