



**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 July 5<sup>th</sup>/July 6<sup>th</sup>**

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

**Seasoned Prep- Chicken ranch peppers with shredded chicken, caulirice, cilantro,  
jalapeno.  
333 Calories, 14 Carbs, 16 Fat, 29 Protein, 5 Fiber.**

**Bowl- Steak kabob bowl with lean eye of round, onion, mushroom, zucchini, squash,  
tomatoes, and peppers, with a side of smoked cream cheese.  
362 Calories, 25 Carbs, 14 Fat, 33 Protein, 4 Fiber.**

**Pick Up July 11/12**

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

**Seasoned Prep Tater tot taco bowl with lean grassfed beef, tomatoes, onion, cheese  
and tater tots.  
310 Calories, 5 Carbs, 16 Fat, 35 Protein, 2 Fiber.**

**Bowl- Chicken Carnitas bowl with chicken carnitas, jalapeno cilantro slaw, street  
corn and dressing.  
436 Calories, 34 Carbs, 20 Fat, 30 Protein, 3 Fiber.**

## **Pickup July 18/19**

### **Clean Prep- Paleo Egg Roll Bowl**

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

**Seasoned prep- Dill pickle chicken with roasted cabbage.**

**405 Calories, 23 Carbs, 19 Fat, 29 Protein, 8 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.**

## **Pickup July 25/26**

**Clean Prep- Lemon chicken with mushroom caulirice.**

**270 Calories, 15 Carbs, 6 Fat, 44 Protein, 7 Fiber.**

**Seasoned Prep- Honey Dijon Chicken breast with potatoes, corn, peppers, onions.**

**324 Calories, 28 Carbs, 12 Fat, 31 Protein.**

**Bowl – Pulled Pork Taco Boat with slowly smoked pork, sweet potato, pickled onions, tomatoes, crumbled queso and green sauce.**

**400 Calories, 31 Carbs, 16 Fat, 25 Protein, 6 Fiber.**

## **Breakfast**

**Vegan Overnight oats - \$8.00 (2 servings)**

### **Strawberry Cheesecake Oats**

**Per serving**

**243 Calories, 43 Carbs, 5 Fat, 8 Protein.**

### **Lemon Blueberry Oats**

**Per serving**

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

**Sausage, Egg and Cheese Chaffel \$8.50**

**Calories 340, Carbs 6, Fat 25, Protein 31.**

## Snacks

### Vegan

**Cotton Candy Smoothie Bowl**  
**(Contains banana)**  
**240 Calories, 47 Carbs, 5 Fat, 10 Protein**  
**Full order \$8.00**  
**Half order \$4.00**

### Macro/Paleo

**Chocolate Donuts**  
**46 Calories, 5 Carb, 2 Fat, 2 Protein**  
**Full order 10-\$12.00**  
**Half order of 5-\$6.00**

### 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!**