



**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 May 31/June 1 (off Memorial Day)***

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

**Seasoned Prep- Honey Dijon Chicken with brussels and pimento mac-n-cheese.  
Calories 420, 40 carbs, Fat, 40 Protein, 8 Fiber.**

**Bowl- Beef stirfry with lean eye of round, snow peas, broccoli, carrots, mushrooms  
with cauliflower rice.  
375 Calories, 19 carbs, 17 fat, 30 protein, 6 fiber.**

***Pick Up June 6/7***

**Clean Prep- Shredded chicken, wild rice and brussels.  
330 Calories, 36 Carbs, 7 Fat, 33 Protein, 6 Fiber.**

**Seasoned Prep- Philly cheese stuffed peppers with roasted cauliflower.  
370 Calories, 12 Carbs, 21 Fat, 31 Protein.**

**Bowl- Chicken Fried Rice with chicken breast, jasmine rice, zucchini, squash, carrots  
and onions along with yum yum sauce.  
480 Calories, 36 Carbs, 22 Fat, 31 Protein.**

### **Pickup June 13/14**

**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.

### **Pickup June 20/21**

**Clean Prep**- Shredded Paprika Thighs, jasmine rice, and steamed beans.  
365 Calories, 46 Carbs, 4 Fat, 28 Protein, 4 Fiber.

**Seasoned Prep**- Maple garlic pork loin, with roasted broccoli, and quinoa.  
390 Calories, 35 Carbs, 14 Fat, 27 Protein.

**Bowl**- Bacon Jam Burger Bowl with local beef, bacon jam, power greens, onion and pickles.  
480 Calories, 23 Carbs, 25 fat, 30 Protein.

### **Pickup June 28/29 (Tues/Wed)**

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

**Seasoned Prep**- Honey Jalapeno Chicken with pasta salad and green beans  
419 Calories, 47 Carbs, 7 Fat, 42 Protein.

**Bowl**- Chicken tender bowl with chicken breast crusted in gluten free pretzels, kale, tomatoes, pickled onions, and hot bacon dressing.  
430 Calories, 22 Carbs, 16 Fat, 42 Protein.

# **Breakfast**

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

## **Cinnamon Roll Oats**

**Per serving**

**243 Calories, 42 Carbs, 4 Fat, 17 Protein.**

## **Lemon Blueberry Oats**

**Per serving**

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

## **Egg Cups- \$9.00 (1-2 servings)**

**Eggs benedict cups- with Canadian bacon, poached egg and hollandaise sauce.**

**284 Calories, 3 Carbs, 16 Fat, 29 Protein.**

## **Paleo Pioneer Gravy Eggs (1-2 servings)**

**358 Calories, 7 Carbs, 22 Fat, 28 Protein.**

# **Snacks**

## **Vegan**

**Monster Cookie Crumb Smoothie Bowl  
(Contains banana)**

**294 Calories, 55 Carbs, 11 Fat, 14 Protein**

**Full order \$8.00**

**Half order \$4.00**

## **Macro**

**Peanut Butter Cranberry Bliss Bites**

**79 Calories, 9 Carbs, 4 Fat, 3 Protein**

**Half order (10 serving) \$7.00**

**Full order (2 servings) \$14.00**

## **Macro**

**Cheesecake**

**Per serving (2 servings)**

**Calories 257, 17 Carbs, 7 Fat, 30 Protein**

**Full cheesecake (1 servings) \$8.00**

## **Macro**

**Fruit Salad**

**200 Calories, 28 Carbs, 4 Fat, 19 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!**