



**Pick up location  
2968 HWY 2779  
Hardinsburg, KY 40143**

**Pick up Monday 10am-  
5pm CST at store  
798 South Highway 261  
Hardinsburg, KY 40143**

**All deliveries on Monday  
(Brandenburg)**

**Seasoned prep \$9.25**

**Built Prep-\$10.50**

**Bowl \$10.85**

**(Tax not included)**

### **November 7 Pick Up**

**Seasoned- Philly Steak Stuffed peppers with roasted potatoes and broccoli.  
344 Calories, 13 Carbs, 24 Fat, 22 Protein.**

**Built- Salsa Verde Chicken with cilantro-lime rice, black beans, corn and tomatoes.  
420 Calories, 58 Carbs, 6 Fat, 34 Protein, 6 Fiber.**

**Bowl- Lemon Grilled Chicken with seasoned orzo, broccoli, bacon, bell pepper, and  
cherry tomatoes, cheddar cheese and dressing.  
495 Calories, 29 Carbs, 22 Fat, 39 Protein, 3 Fiber.**

### **November 14 Pick Up**

**Seasoned Prep- Roasted Chicken Thighs with butternut squash and green beans with  
peppers.  
370 Calories, 12 Carbs, 21 Fat, 31 Protein.**

**Built- Barbacoa Beef with seasoned rice and corn salsa.  
375 Calories, 51 carbs, 5 fat, 30 protein.**

**Bowl- Moo Shu Pork Sweet Potato Boat- heavily seasoned ground pork with cabbage,  
carrot, cilantro and fried onions.  
483 Calories, 40 Carbs, 19 Fat, 27 Protein.**

### **Pick up November 21**

**Seasoned Prep- Cabbage pizza with chicken Italian sausage, pepperoni, green pepper, onions, banana peppers and cheese topped over cabbage steaks.  
405 Calories, 23 Carbs, 19 Fat, 29 Protein, 8 Fiber.**

**Built- Sushi bowl with cooked shrimp, jasmine rice, shredded carrots, cucumbers and yum yum sauce.  
440 Calories, 46 Carbs, 13 Fat, 31 Protein.**

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

### **December 5 Pickup**

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

**Built- Café Rio Chicken with slowly cooked black beans and rice.  
480 Calories, 37 Carbs, 12 Fat, 40 Protein.**

**Bowl- Chuck Roast Bowl with local chuck, roasted butternut squash and brussels sprouts and a side of garlic aioli.  
522 Calories, 36 Carbs, 12 Fat, 35 Protein.**

### **December 12 Pick up**

**Seasoned Prep- Dill pickle chicken with garlic parmesan roasted cabbage.  
405 Calories, 23 Carbs, 19 Fat, 29 Protein, 8 Fiber.**

**Built- Southwest Chicken with chicken breast, black beans, corn, salsa and cauliflower rice.  
344 Calories, 40 Carbs, 4 Fat, 37 Protein.**

**Bowl- Pulled Pork Taco Boat with slowly cooked pork, smoked sweet potato, tomatoes, cotija cheese, and green sauce.**

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

## **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)**

**Fiesta egg cups**

**220 calories, 4 carbs, 15 fat, 14 Protein.**

## **Snacks**

### **Vegan**

#### **Date Snickers**

**138 Calories, 24 Carbs, 6 Fat, 3 Protein**

**Full order (6) \$6.00**

**Half order (3) \$3.00**

### **Macro**

#### **Monster Bites**

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

**Half order (10 serving) \$8.00**

**Full order (2 servings) \$16.00**

### **Macro**

#### **Oreo Fluff (per serving)**

**233 calories, 31 carbs, 6 fat, 8 protein**

**Half order (1 serving) \$4.25**

**Full order (2 servings) \$8.00**

**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!**