

MEAL PREP MENU



COME N' CHOP
YOU CRAVE IT. WE MAKE IT

Important Diet Information:

All Menu Items are cooked with no added MSG, Low Fat Lean Protein, low-No Oils, LITE dressings, Sugar Free with no added sugars. All Menu Items are costumed to Clients whose Goal is to Lose body fat, remain or obtain lean figure, and for clients at Evol Body Wellness Gym. Each Dish is complete for High Protein Lean, Weight Loss Macro Needs according to Breakfast, Lunch and Dinner Meal Plan requirements From Evol Body Wellness. We do the work so you can simply show up and reach your goal(s)!

Breakfast

OVERNIGHT OATS (with protein)

FLAVORS: Fall Spice, Berry melody,
Peanut butter spice

SPINACH WRAP

Egg omelet wrapped in a spinach wrap,
fresh fruit, roasted sweet Potato

CHAMPION BREAKFAST

Protein oat pancakes, fresh berries, egg

SALMON HASH

salmon, sauteed with fresh spinach, tomato,
Egg omelet, Roasted Potatos

Lunch

BOLOGNAISE

Hearts of Palm noodles, tomatoes,
and lean ground beef

CARIBBEAN MELODY

Jerk chicken , garlicn'herb roasted sweet potatoes,
and peppers

CITRUS MELODY

Citrus herb chicken, Sauteed spinach,
garlicn'herb roasted Sweet Potato

SOUTHERN COMFORT

Sweet potato mash, island style meatloaf,
garlic spinach

SPINACH STEW

Spinach Tomato, onion, shrimp served
with cauliflower rice

TILAPIA

Curry Tilapia, cilantro lime cauliflower rice

QUINOA SALAD

Quinoa, kale, cherry tomato, onions, shrimp

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Dinner

BEEF N' BROCCOLI

Lean asian style beef Broccoli

TILAPIA

Grilled Tilapia topped with sauteed peppers, served with zucchini scampi

FRITTATA

Egg, spinach, onions, peppers

HIBACHI STYLE

CAULIFLOWER FRIED RICE

Broccoli , onions, shrimp or ground beef

GRILLED JERK CHICKEN, GREEK SALAD

Fresh Cucumber , Tomatoes, Red onions , light vinaigrette served with Grilled chicken breast

GREEK SALAD N' SHRIMP

Fresh Cucumber , Tomatoes, Red onions light vinaigrette served with Cilantro lime shrimp

Rates/Packages

(Taxes Not Included)

Notice:

For those targeting lunch and dinner, you may choose up to 3 different menu items for your 10, 15 or 21 Day Package

10 MEAL COUNT

Up to 2 breakfast options | 1 lunch | 1 dinner- \$175

15 MEAL COUNT

Up to 2 breakfast options | 3 lunch / dinner- \$220

21 MEAL COUNT

Up to 2 breakfast options | 3 lunch / dinner- \$295