***Kelli’s Meal Prep***

Kelli’s Meal Prep Menu Sun/Mon Oct. 20/21   
 \*Orders must be placed before Thurs. @5 Pm

\*Meal Prep Pick Up 9-12pm Sunday \*Monday Pickup 8:00am-6:00pm \*Delivery Monday 9:00am-4:00pm

\*12043 Seminole Blvd. Largo, Fl 33778 \*727-612-8080 text your orders   
\*Full Service website coming soon! \*Pick up CrossFit Clearwater Sunday 12:00pm members only!!   
 \*Get your protein ball, and salad order in!

Plans:

\*Meal plan #1 $107 with tax (Family Style)   
*-Contains two servings of protein per container, two servings of sides per container    
-Equals out to two meals per day for 5 days with a total of 10 containers*

\*Meal plan #2 $67.41 with tax (Family Style)   
*Pick up only except CrossFit Clearwater   
-Contains your choice of 3 proteins and three sides   
-Equals out to 6 meals*

\*Meal plan #3 $69.95 with tax (individual meals all the work is done for you)   
*Pick up only except CrossFit Clearwater   
-Contains 5 individual meals with protein and sides (pick your proteins we pick sides)*

\*Meal plan #4 $138.40 with tax (individual)   
*-Contains 10 individual meals with proteins and sides (pick your proteins we pick sides)*

\*Estimated Macros are based on family style plans and are per serving.

Individual meals will contain 5-600 cal, 15-20g fat, 30-40 carbs and 30-40 grams of protein.

Add On:

\*Add on proteins $14 / add on sides $10

\*Add on premium proteins $16

\*Add on Protein balls $15 for 15 balls (2 per serving)   
*(chia, peanut butter, oats, cranberries, nuts 250 cal, 10 fat, 30 carbs, 10 protein*

\*Add on Family size Bistro or Greek Salad $20 (strawberries, nuts, feta, YO mammas Balsamic)

\*Add on Family size pan of Marinated Grilled Chicken (12 servings) $35

*Menu for Sunday October 20th*

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| *Proteins* |
| Italian Herbed Turkey Marinara w/ Orzo  *386 cal, 14 fat, 45 carbs, 20 protein* | Pork Tenderloin with Yo Mamma’s Sesame  *214 cal, 8 fat, 8 carbs, 30 protein* | Grilled Chicken with Mango Chutney  *275 cal, 7 fat, 18 carbs, 35 protein* | Teriyaki Grilled Chicken Tenderloins   *355 cal,15 fat, 20 carbs, 35 protein* | Homestyle BBQ mini Meatloaf  335 cal, 15 fat, 15 carbs, 35 protein |

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| *Sides* |
| Roasted Garlic Cauliflower  *149 cal, 13 fat, 6 carbs, 2 protein* | Roasted Sweet Potatoes  *144 cal, 12 fat, 6 carbs, 3 protein* | Sweet and Salty Plantains  *261 cal, 9 fat, 40 carbs, 5 protein* | Coconut Rice and Black Beans  *355 cal, 15 fat, 50 carbs, 5 protein* | Sweet buttered Corn  *317 cal, 13 fat, 45 carbs, 5 protein* |