



14374 N. Dale Mabry, Tampa, FL 33618 | (813) 265-4951

Personalized Meals Order Form

Minimum 24-Hour Notice | All Orders Must Be Prepaid in Advance
Minimum Order of Three Meals | Orders Taken From 8:00 AM—8:00 PM

Small Size (12 ounces): \$11.99 | Large Size (24 ounces): \$19.99

DF= Dairy Free | GF= Gluten Free

Chicken (Antibiotic and Hormone Free):

Chicken Cacciatore with a bed of Spinach (DF, GF)

Qty: _____ Size: _____

Chicken Marsala with Sweet Potato and Asparagus (GF)

Qty: _____ Size: _____

Chicken Piccata with Angel Hair Pasta and Asparagus

Qty: _____ Size: _____

Stir Fry Curry Chicken with Brown Rice (DF, GF)

Qty: _____ Size: _____

Mango Chicken with Lentil and Asparagus (DF, GF)

Qty: _____ Size: _____

Marinated Grilled Chicken with Potato and Broccoli (DF, GF)

Qty: _____ Size: _____

Chicken Florentine with Potato and Green Beans (GF)

Qty: _____ Size: _____

Chicken Parmesan with Potato and Green Beans (GF)

Qty: _____ Size: _____

Sun-Dried Tomato Chicken with Quinoa and Broccoli (GF)

Qty: _____ Size: _____

Chicken Peas and Carrots with Brown Rice (DF, GF)

Qty: _____ Size: _____

Chicken Teriyaki Meatballs with Rice and Green Beans (DF, GF)

Qty: _____ Size: _____

Chicken Sausage and Peppers with Green Beans (DF, GF)

Qty: _____ Size: _____

Chicken Roll-Up Lasagna with Green Beans

Qty: _____ Size: _____

Mediterranean Grilled Chicken with Green Beans (DF, GF)

Qty: _____ Size: _____

Sriracha Chicken with Fiesta Quinoa (DF, GF)

Qty: _____ Size: _____

Thai Chicken over Brown Rice (DF, GF)

Qty: _____ Size: _____

Arroz Con Pollo with Roasted Pepper (DF, GF)

Qty: _____ Size: _____

Stir Fry Grilled Chicken with Brown Rice (DF, GF)

Qty: _____ Size: _____

Meatless/Vegetable:

Eggplant Parmesan with Green Beans (GF)

Qty: _____ Size: _____

Spinach Roll Up Lasagna with Green Beans

Qty: _____ Size: _____

Quinoa Burger with Sweet Potato Fries (DF, GF)

Qty: _____ Size: _____

Turkey (Antibiotic and Hormone Free):

Turkey Breast with Sweet Potato and Broccoli (DF, GF)

Qty: _____ Size: _____

Turkey Meatloaf with Sweet Mash and Broccoli (DF, GF)

Qty: _____ Size: _____

Turkey Salisbury Steak with Sweet Potato and Asparagus (DF, GF)

Qty: _____ Size: _____

Sweet and Sour Meatballs with Rice and Green Beans (DF, GF)

Qty: _____ Size: _____

Turkey and Spinach Meatballs with Butternut Squash (DF, GF)

Qty: _____ Size: _____

Beef (Antibiotic and Hormone Free):

Sirloin Steak Fajita with Brown Rice (DF, GF)

Qty: _____ Size: _____

Sirloin Steak Marsala with Sweet Potato and Broccoli (GF)

Qty: _____ Size: _____

Jalapeno Bison Burger with Sweet Potato and Asparagus (DF, GF)

Qty: _____ Size: _____

Stir Fry Beef and Broccoli with Brown Rice (DF, GF)

Qty: _____ Size: _____

Fish (Wild Caught):

Maple Ginger Salmon with Brown Rice and Broccoli (DF, GF)

Qty: _____ Size: _____

Salmon Croquette with Lentil and Broccoli (DF, GF)

Qty: _____ Size: _____

Mediterranean Flounder with Green Beans (DF, GF)

Qty: _____ Size: _____

Blackened Flounder with Sweet Potato and Broccoli (DF, GF)

Qty: _____ Size: _____

Mediterranean Cod Fish with Rice and Broccoli (DF, GF)

Qty: _____ Size: _____

Keto:

Pick One Protein:

_____ Turkey Breast

_____ Mediterranean Cod Fish

_____ Salmon

_____ Marinated Chicken

Pick One Fiber Starch:

_____ Broccoli

_____ Green Beans

_____ Spinach

_____ Asparagus