



**KEEP PUSHING**

**MEAL**

**\$12** FOR EACH PLATE



**\$120** FOR 5 DAYS WORTH

two meals a day  
mix & match available

**PROTIEN PLATE**

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marinated grilled chicken  
sweet potato with vegan butter  
sautéed spinach and kale

**BLACKENED SALMON**

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blackened salmon  
quinoa  
brussel sprouts

**CHICKEN FAIJTA BOWL**

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marinated grilled chicken  
vegan cheese  
sautéed bell peppers and red onion  
fresh pico de gallo  
black beans

**GREEK SALAD**

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w/ your choice of protein  
grilled chicken,  
blackened salmon,  
grilled shrimp,  
grilled tuna steak