



Tresia's MEAL PLAN MENU

Week 1

Main

Grilled Lemon Herb Chicken Thighs
Shrimp Tacos w/Mango Salsa
BBQ Pulled Pork Sandwiches

Sides

Quinoa Salad with Fresh Veggies
Cilantro Lime Rice
Coleslaw

Vegetables

Steamed Broccoli
Grilled Corn on the Cob
Baked Beans

ALL MEAL PLANS ARE \$150 WEEKLY. PRICE INCLUDES FOOD, MEAL CONTAINERS AND LABOR
PRICE DOES NOT INCLUDE TAX OR DELIVERY FEE
ALL MEALS ARE INTERCHANGEABLE



MEAL PLAN MENU

Week 2

Main

Grilled Salmon with Dill Sauce

Veggie Stir-Fry with Tofu

Beef Kebabs with Peppers and Onions

Sides

Roasted Potatoes

Jasmine Rice

Couscous Salad

Vegetables

Grilled Asparagus with Lemon Zest

Mixed Bell Peppers

Greek Salad

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MEAL PLAN MENU

Week 3

Main

Baked Ziti

Fish Tacos with Avocado Crema

Stuffed Peppers

Sides

Garlic Bread

Black Bean Salad

Cornbread

Vegetables

Garden Salad

Grilled Zucchini

Sauteed Spinach

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MEAL PLAN MENU

Week 4

Main

Teriyaki Chicken Bowls

Shrimp Scampi

Grilled Ribeye Steak

Sides

Steamed Rice

Linguine w/Herbs

Baked Potato

Vegetables

Garlic Roasted Green Beans

Caesar Salad

Grilled Broccoli

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