

EVERKRISP MEAL PREP MENU

Calories	Fat (grams)	Carbs (grams)	Protein (grams)
Coconut Curry Chicken over Brown Rice			
412	30.7	12	26.3
Meatballs over Zoodles			
476	53.4	10.3	28
Short Rib, Garlic Broccoli and Sweet Potatoes			
662	38.2	36.6	48.4
Turkey Taco Salad			
203	12.5	4	19
Thai Peanut Sauce Noodles and Chicken			
343.5	18	23	24
Roast Pork with Apple Radish Slaw, Brussel Sprouts and Sweet Potatoes			
643	37.8	42.5	46.7
Grilled Flank Steak, Garlic Broccoli, Sweet Potatoes			
508	14.2	36.6	52.4
Roast Chicken, Green Beans and Quinoa			
484	9.2	48.9	51
Turkey Wrap with White Cheddar, Bibb Lettuce, Mayo and Mustard			
507	17.5	51	23
Lettuce Wrap with White Cheddar, Bibb Lettuce, Mayo and Mustard			
280	9	43	7
Chicken Salad Wrap with Mixed Greens and Mayo			
617	34	58	27.2
Chicken Salad Lettuce Wrap with Mixed Greens and Mayo			
280	9	43	7
Cauliflower Mac n Cheese			
294	23	12	11
Quiche Cups - Bacon, Broccoli, Jack Cheese or Bacon, Spinach, Feta			
291	24	4	16