

Out of Thyme

KITCHEN STUDIO

Personal Chef + Cooking Classes + Parties

JUNE MONTHLY MENU

Full Spectrum and Out of Thyme Kitchen Studio offer freshly prepared "Home Cooked" style gourmet meals from certified chef, Jaime Carmody. Orders are due end of day Thursday at Full Spectrum Fitness for meals delivered every Monday.

**OPTION
1**

Competition Meal Package includes: 5 different proteins and may include multiple of one; Turkey, Chicken, Pork, Beef & Seafood Dish. Vegetables will vary week to week.

Directions: Circle **Package Choice**, then **write in number** of desired Complex Carb sides and Vegetable sides. For example, if selecting Package #2 with 3 meals, your Complex Carb Sides and Vegetable Sides would equal 3.

<u>Package Choices (Circle One)</u>	<u>Write desired number of Sides</u>	<u>Total Sides</u>
<u>Equal</u>		
Single Meal 1 meal - \$15	<input type="checkbox"/> Complex Carb side + <input type="checkbox"/> Vegetable side	1
Package #2 3 meals -\$40	<input type="checkbox"/> Complex Carb side + <input type="checkbox"/> Vegetable side	3
Package #3 7 meals - \$90	<input type="checkbox"/> Complex Carb side + <input type="checkbox"/> Vegetable side	7
Package #4 12 meals - \$130	<input type="checkbox"/> Complex Carb side + <input type="checkbox"/> Vegetable side	12

**OPTION
2**

Protein Choice \$11 per 1lb. pkg. Write number of desired packages next to selection option(s):

<input type="checkbox"/> Grilled Shrimp	<input type="checkbox"/> Grilled Chicken	<input type="checkbox"/> Baked Chicken
<input type="checkbox"/> Pork Tenderloin	<input type="checkbox"/> Turkey Patties	<input type="checkbox"/> Beef Patties

**OPTION
3**

June Menu:

Math Scribble Area:

Turkey Apple Meatloaf w. Carrots + Broccoli
Info: 345 calories, 11g fat, 35g carb, 29g protein

Pan Seared Chicken Thighs w. Lemon Rosemary Sauce, Couscous + Green Beans
Info: 418 calories, 9g fat, 23g carb, 45g protein

Basil Crusted Cod w. Quinoa + Snap Peas
Info: 422 calories, 7g fat, 28g carb, 49g protein

Beef Ragu with Zucchini Noodles + Parmesan
Info: 357 calories, 16g fat, 24g carb, 30g protein

Cinnamon Apple Pork Tenderloin w. Sweet Potato Mash + Sautéed Greens w. Lemon + Garlic
Info: 472 calories, 10g fat, 45g carb, 45 g protein

Notes: (Dietary restrictions, allergies, etc.) _____

Client name: _____ Total: _____