

Option #1 Build Your Meals:

Choose Protein + portion size
 Choose Complex Carb +/-or Veg Carb ***
 Alert of any allergies/dietary restrictions

Option #2 Build it Yourself through the Week:

Choose Any Protein by the pound: \$10
 Choose any Complex Carb by the pound:\$4
 Choose any Veggie Carb by the pound: \$5
 Add Breakfast \$5 each: Egg white omelet (5 eggs) with 2 fillings of your choice from below

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Please write in the quantity of meals next to the portion size

Pick Your Protein:	Pre-cooked weights				Pick your Complex Carbs:		Pick Your Green Veggies:	
Meal Prices*	4 oz		6 oz		post-cooked weight		post-cooked weight	
Chicken Breast	\$7.50		\$11.25		Brown Rice**		Broccoli	
Chicken Thighs	\$7.00		\$10.50		Jasmine Rice**		Carrot	
Cod Loin	\$7.50		\$11.25		Quinoa**		Green Beans	
Ground Beef	\$6.50		\$9.75		Red Bliss Potatoes		Red Pepper	
Ground Turkey	\$6.50		\$9.75		Russet Potatoes, Mashed		Snap Peas	
Pork Tenderloin	\$7.00		\$10.50		Russet Potatoes, Roasted		Snow Peas	
Sirloin	\$8.00		\$12.00		Spaghetti Squash		Spinach	
Tilapia	\$7.50		\$11.25		Sweet Potato, Mashed		Zucchini	
Tofu	\$6.50		\$9.75		Sweet Potato, Roasted		Tomatoes	
Turkey Breast Cutlet	\$7.50		\$11.25					
*Based on a complete meal;	1 complex carb, 1 veggie carb or 2 servings of either				**cooked with house-made chicken stock		***4oz=2-2oz sides, 6 oz=2-3 oz sides, 8oz=2-4 oz sides	

CLIENT NAME: _____

Pick Up: Mondays at Full Spectrum after 4pm, OOTKS after 2pm

PICK UP @ FULL SPECTRUM _____

Pick up @ OOTKS _____

Orders must be in to OOTKS by Friday at 11:00 AM

ORDER: _____

CHEF NOTES: _____