



Our motto is to incorporate nutritious eating habits into your busy day to day lives. We provide an easy way to eat healthy home cooked meals in minutes.

NUTRITION MADE EASY!

NUTRITIOUS MEALS

HIGH/LOW calorie options

Big Mike's Beef Burrito

Cilantro rice, seasoned ground beef, cheese, onions, with a touch of homemade queso wrapped in a jalapeno Cheddar wrap.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Chicken Tacos GF

Gluten free. White corn tortillas topped with seasoned chicken breast, black beans, corn, red onions, and cilantro.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Beef Burrito Bowl GF

Gluten free. Seasoned ground beef on a bed of one and a half cup cilantro jasmine rice topped with queso, onion, fresh tomatoes, and cilantro.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Hibachi Chicken w/ Rice

Hibachi chicken cooked to perfection on a bed of 0.5 or 1.5 cup "fried" rice served with a green vegetable.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Hibachi Chicken w/ Lo Mein

Hibachi chicken cooked to perfection on a bed of 0.5 or 1 cup lo mein mixed with peas and carrots served with a side of a green vegetable.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Hibachi Steak w/ Lo mein

Hibachi steak cooked to perfection on a bed of 1/2 or 1 cup lo mein served with green vegetable.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Hibachi Steak w/ Rice

Hibachi steak cooked to perfection on a bed of 1/2 or 1 cup "fried" rice served with green vegetable.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

BBQ Medley

A medley of ground beef, smoked sausage and bacon with portabella mushroom and onions sautéed together in a sweet BBQ sauce with a side of roasted broccoli, green beans or asparagus and a loaded baked potato.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Lil' Sweet Lil' Heat GF

Gluten-free. Seasoned chicken on a bed of 0.5 to 1.5 cup jasmine rice with stir-fry vegetables with light lil'sweet lil'heat sauce.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Chicken "Fried" Rice

Steamed jasmine rice with soy sauce, eggs, peas, carrots, and red onion.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Steak "Fried" Rice

Steamed jasmine rice with grilled sirloin steak, soy sauce, eggs, peas, carrots, and red onion.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Shrimp "Fried" Rice

Steamed jasmine rice with grilled shrimp, soy sauce, eggs, peas, carrots, and red onion.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Grilled Chicken, Sweet Potato, Broccoli GF

Gluten free Seasoned, grilled chicken breast served with cubed, roasted sweet potato and roasted broccoli.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Salmon, Sweet Potato, Broccoli GF

Gluten free. Lemon pepper seasoned, grilled salmon served with cubed, roasted sweet potato and roasted broccoli.
3oz \$9.99, 6oz \$10.99, 9oz \$11.99

Cajun Chicken Pasta

Cajun sautéed chicken breast served over 1 or 1.5 cup fettuccini tossed in a light creamy sauce garnished with Parmesan cheese and green onions.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Cajun Shrimp Pasta

Cajun sautéed shrimp served over 1 or 1.5 cup fettuccini tossed in a light creamy sauce garnished with Parmesan cheese and green onions.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Tuscan Chicken Pasta

Seasoned chicken tossed with 1 or 1.5 cup rotini pasta in a light tomato herb cream sauce finished with parmesan cheese.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Tuscan Shrimp Pasta

sautéed shrimp served over 1 or 1.5 cup rotini pasta in a light tomato herb cream sauce garnished with parmesan cheese.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Dad's Fav Layered Casserole

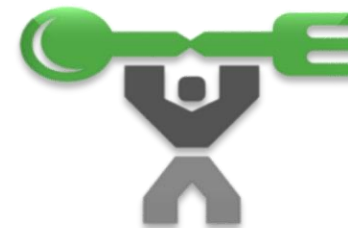
Seasoned ground beef sautéed in marinara sauce spread on a bed of 1.5 cup creamy penne pasta and then topped with shredded cheese.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Wee's Sauced Mash w/ Beef

Seasoned ground beef and onions on a bed of 5 oz or 7.5 oz of homemade mashed potatoes, topped with homemade gravy, and a side of green vegetables.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Wee's Sauced Mash w/ Chicken & Sausage

Seasoned chicken and smoked sausage on a bed of 5 oz or 7.5 oz of homemade mashed potatoes, topped with homemade gravy, and a side of green vegetables.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49



KETO FRIENDLY | LOW CARB

Club Salad GF

Gluten-free. Mixed greens with grilled chicken breast, boiled egg, crisp bacon, Cheddar Jack cheese, red onion, and cucumber.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Strawberry Slice Salad GF

Gluten free. Mixed greens topped with grilled chicken breast, Feta cheese, chopped pecans, fresh strawberries, and apples.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Veggie Chicken Stir Fry

Chicken breast and mixed veggies stir fried with soy sauce and drizzled with sweet soy glaze.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Veggie Steak Stir Fry

Steak and mixed veggies stir fried with soy sauce and drizzled with sweet soy glaze.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Veggie Shrimp Stir Fry

Shrimp and mixed veggies stir fried with soy sauce and drizzled with sweet soy glaze.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Italian Chicken Spaghetti Squash GF

Gluten free. Spaghetti Squash topped with seasoned chicken breast and marinara.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Chicken & Veggies GF

Gluten free. Seasoned chicken breast cooked to perfection served with a side of a green vegetable.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Steak & Veggies GF

Gluten free. Seasoned sirloin steak cooked to perfection served with a side of a green vegetable.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Salmon & Veggies GF

Gluten free. Lemon pepper seasoned salmon cooked to perfection served with a side of a green vegetable.
3oz \$9.99, 6oz \$10.99, 9oz \$11.99

Keto Tacos Beef GF

Gluten free. Cheese taco shells filled with seasoned ground beef garnished with fresh cilantro and onion.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Chicken Fried Cauliflower "Rice"

Steamed riced cauliflower, peas and carrots, red onion.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Keto BBQ Medley

Nutritional info is for broccoli. A medley of ground beef, smoked sausage, bacon, portobello mushroom, and onions sautéed together in a sweet BBQ sauce with a side of a green vegetable.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Low Carb Wee's Sauced Mash

Seasoned chicken, smoked sausage, and onions topped with homemade gravy and a side of green vegetable.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Low Carb Hibachi Steak

Hibachi steak cooked to perfection served with a side of a green vegetable.
4oz \$9.99, 6oz \$10.49, 8oz \$11.49

Low Carb Hibachi Chicken

Hibachi chicken cooked to perfection served with a side of a green vegetable.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

Keto Beef Burrito Bowl GF

Gluten free. Seasoned ground beef topped with homemade queso, shredded cheese, fresh tomatoes, red onion, and cilantro.
4oz \$7.99, 6oz \$8.49, 8oz \$9.49

VEGAN MEALS

Vegan Italian Beef Spaghetti Squash GF

Gluten free. Spaghetti Squash topped with a meatless crumble and marinara.
One size \$8.49

Vegan Tacos GF

Gluten free. White corn tortillas topped with seasoned meatless crumble, black beans, corn, red onions, and cilantro.
One size \$8.49

Vegan Taco Bowl GF

Gluten free. Seasoned meatless crumble, on a bed of riced cauliflower, topped with black beans, corn, red onions, and cilantro.
One size \$8.49

Veggie Stir Fry

Mixed veggies stir fried with soy sauce and served over 1 cup steamed jasmine rice then drizzled with sweet soy glaze.
One size \$7.99

FAMILY MEALS

Keto Chicken Lasagna GF

Gluten free. Layered strips of zucchini, seasoned chicken breast, and Mozzarella cheese. Heat in oven on. Serving size: 1/4 of pan. Servings per pan: 4.
One size \$27.99

Vegan Enchiladas GF

Gluten free. Diced sweet potatoes and black beans wrapped in corn tortillas and covered with our homemade salsa verde. Servings per pan: 4.
One size \$27.99

Family Cajun Chicken Pasta

Cajun sautéed chicken breast served over fettuccini tossed in a creamy sauce garnished with Parmesan cheese and green onions. Servings per pan: 4.
One size \$27.99

Cauliflower Crust Pizza GF

Gluten free. Thin and crispy 12" cauliflower crust. Veggie, Meat Lovers, or Chicken Bacon Ranch pizza. Nutritional info based on per 1/6 serving.
One size \$10.99



View full menu with nutritional information at:
www.fresheatsmealpreps.com



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