



11301 W Reno Ave, Suite C, Yukon, OK

## FULL MENU

<b>Grilled Chicken Breast</b> - 379 Cal.   48g Pro.   40g Carb.   3g Fat	SM 7.50	LG 9.00
Grilled Chicken Breast, (Rice or Sweet Potato), Vegetables		
<b>Garlic Herb Tilapia</b> - 355 Cal.   45g Pro.   37g Carb.   3g Fat	SM 7.50	LG 9.00
Tilapia, Rice, Vegetables		
<b>Honey Teriyaki Salmon</b> - 424 Cal.   45g Pro.   37g Carb.   12g Fat	SM 10.00	LG 11.50
Salmon, (Rice or Sweet Potato), Vegetables		
<b>Seasoned Turkey</b> - 402 Cal.   41g Pro.   46g Carb.   6g Fat	SM 8.25	LG 9.75
Ground Turkey, (Rice, Red Potato or Sweet Potato), Vegetables		
<b>Lean Beef &amp; Onions</b> - 454 Cal.   45g Pro.   37g Carb.   14g Fat	SM 8.00	LG 9.50
Ground Beef with Sautéed Onion (Rice or Sweet Potato), Vegetables		
<b>Turkey Meatloaf</b> - 286 Cal.   32g Pro.   26g Carb   6g Fat		ONE SIZE 9.00
Meatloaf, (Red Mashed Potato or Sweet Mashed Potato), Green Beans		
<b>Caribbean Shrimp</b> - 409 Cal.   40g Pro.   45g Carb.   1g Fat		ONE SIZE 11.00
Shrimp, Orzo Pasta & Mixed Vegetables		
<b>Cajun Shrimp</b> - 379 Cal.   38g Pro.   37g Carb.   3g Fat		ONE SIZE 11.00
Shrimp & Yellow Rice		
<b>Asian Pulled Pork</b> - 417 Cal.   38g Pro.   37g Carb.   13g Fat		ONE SIZE 8.50
Pulled Pork & White Rice		
<b>Buffalo Chicken Wrap</b> - 252 Cal.   32g Pro.   13g Carb.   9g Fat		ONE SIZE 7.99
Chicken with Baby Kale		
<b>Chicken Enchilada</b> - 450 Cal.   55g Pro.   22g Carb.   19g Fat		ONE SIZE 9.50
<b>Chicken Hash Patty</b> - 224 Cal.   25g Pro.   22g Carb.   4g Fat		ONE SIZE 6.00
Chicken & Corn Pico		

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# Healthy Eating On The Go

**Chicken Tacos** (or Steak + \$1) - 192 Cal. | 22g Pro. | 16g Carb. | 4g Fat **ONE SIZE 8.00**  
Two Tacos, Stir Fry Vegetables, Pico & Guac

**Honey Dijon Chicken Wrap** - 237 Cal. | 30g Pro. | 18g Carb. | 5g Fat **ONE SIZE 8.00**  
Chicken with Red Peppers, Red Onions & Baby Kale

**Mongolian Steak** - 307 Cal. | 31g Pro. | 30g Carb. | 7g Fat **ONE SIZE 9.25**  
Steak, Rice and Vegetables

## BREAKFAST

**The Breakfast Hash** - 420 Cal. | 45g Pro. | 36g Carb. | 12g Fat **SM 6.25 LG 7.50**  
Free Range Eggs, Egg Whites, Turkey Sausage, Onions,  
Peppers with (Red Potato or Sweet Potato)

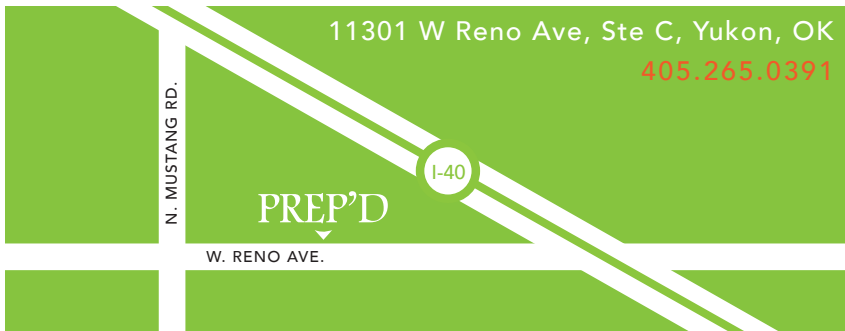
**Protein Pancakes** - 411 Cal. | 45g Pro. | 42g Carb. | 7g Fat **SM 6.25 LG 7.75**  
Protein Pancakes with Turkey Bacon or Turkey Sausage

**Eggcellence Wrap** - 253 Cal. | 28g Pro. | 24g Carb | 5g Fat **ONE SIZE 6.00**  
Free Range Eggs, Egg Whites, Turkey Sausage, Onions,  
Peppers in a Low Carb Tortilla

**Steak & Egg Burrito** - 332 Cal. | 33g Pro. | 14g Carb | 16g Fat **ONE SIZE 8.00**  
Free Range Eggs, Egg Whites, Steak in a Low Carb Tortilla

## SNACKS (feels like you're cheating)

**Protein Bars** - 286 Cal. | 32g Pro. | 26g Carb | 6g Fat **ONE SIZE 3.00**  
Choose from Peanut Butter, Peppermint Mocha,  
Lemon Coconut or Chocolate Almond



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