



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>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 10.30	LG 12.50
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 Red Mashed 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 12.50	
Shrimp, Orzo Pasta & Mixed Vegetables			
<b>Cajun Shrimp</b>	- 379 Cal.   38g Pro.   37g Carb.   3g Fat	ONE SIZE 12.50	
Shrimp & Jasmine Rice			
<b>Asian Pulled Pork</b>	- 417 Cal.   38g Pro.   37g Carb.   13g Fat	ONE SIZE 9.10	
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

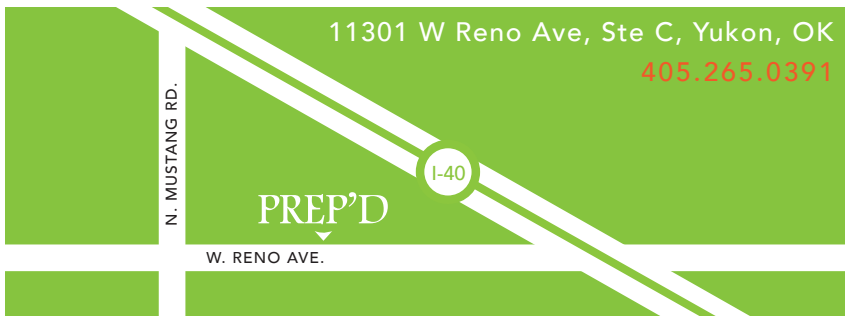
<b>Chicken Tacos</b> (or Steak + \$1) - 192 Cal.   22g Pro.   16g Carb.   4g Fat Two Tacos, Stir Fry Vegetables, Pico & Guac	ONE SIZE 9.50
<b>Honey Dijon Chicken Wrap</b> - 237 Cal.   30g Pro.   18g Carb.   5g Fat Chicken with Red Peppers, Red Onions & Baby Kale	ONE SIZE 8.00
<b>Mongolian Steak</b> - 307 Cal.   31g Pro.   30g Carb.   7g Fat Steak, Rice and Vegetables	ONE SIZE 9.25
<b>Lean Lasagna</b> - 370 Cal.   30g Pro.   30g Carb.   15g Fat Protein enriched wheat pasta with lean ground turkey	ONE SIZE 8.50

## BREAKFAST

<b>The Breakfast Hash</b> - 420 Cal.   45g Pro.   36g Carb.   12g Fat Free Range Eggs, Egg Whites, Turkey Sausage, Onions, Peppers with (Red Potato or Sweet Potato)	SM 6.25 LG 7.50
<b>Protein Pancakes</b> - 411 Cal.   45g Pro.   42g Carb.   7g Fat Protein Pancakes with Turkey Bacon or Turkey Sausage	SM 6.25 LG 7.75
<b>Eggcellence Wrap</b> - 253 Cal.   28g Pro.   24g Carb   5g Fat Free Range Egg Whites, Turkey Sausage, Onions, Peppers in a Low Carb Tortilla	ONE SIZE 6.00
<b>Steak &amp; Egg</b> - 350 Cal.   46g Pro.   15g Carb   10g Fat Free Range Eggs, Steak with Red Potatoes	ONE SIZE 8.35
<b>Steak &amp; Egg Burrito</b> - 332 Cal.   33g Pro.   14g Carb   16g Fat Free Range Eggs, Egg Whites, Steak in a Low Carb Tortilla	ONE SIZE 8.00

## SNACKS (feels like you're cheating)

<b>Protein Cookies</b> - 286 Cal.   32g Pro.   26g Carb   6g Fat Choose from Peanut Butter, Peppermint Mocha, Lemon Coconut or Chocolate Almond	ONE SIZE 3.25
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