Meal Plan Menu					
Week	Monday	Tuesday	Wed.	Thurs.	Friday
A	Mona Lisa Wrap	Cesar Wrap	BBQ Wrap	Turkey Meatball Parm Wrap	Santa-Fe Wrap
	Champion Pasta	Godfather	El Mexicana	Penne Romano	Teriyaki Stir-Fri
B	Hollywood Salad	European Wrap	Italiano Salad	Tex-Mex Wrap	Mardi Gras Salad
	Texas	Tucson	Turkey Chill	Cajun Pasta	Godfather

- **Step 1 Pick a Plan** - Lose Weight - Sustain Mass- Build Mass
- **Step 2 How to eat it** Delivery or Pick up Every day or Once a week
- **Step 3 EAT & Enjoy without Cooking or Meal Prep**

Lose Weight	Sustain Mass	Build Mass
4 Oz Chicken	6 Oz Chicken	8 Oz Chicken
400- 600 Cal. per meal	700- 900 Cal. per meal	1000-1500 Cal. per meal
2 Meals	2 meals + 1 side	2 meals + 2 sides
10 Meals	10 Meals + 5 Sides	10 Meals + 10 Sides
$70 per week	$100 per week	$120 Per week

Ask our staff Today how to get Started!