

Weekly Meal Prep

Roosevelts Catering WEEKLY MEAL PREP

(2 WEEK SIGN UP MINIMUM)
ATLANTA/CHARLOTTE

10 Meals:
10 Gourmet meals & 5 Salads

FOR INQUIRIES
404-590-4113

PROTEINS

CHICKEN BREAST

SHRIMP

SALMON

GROUND TURKEY

STARCHES

SWEET POTATOES

RED POTATOES

RICE

QUINOA

COUS COUS

FLAVORS :

HONEY BOURBON

PESTO

LEMON HERB

JERK

TERIYAKI

SOUTHWEST

SWEET THAI

CHILI

FRESH SALADS

CEASAR SALAD

CHICKPEA

SALAD

CHEF SALAD

STRAWBERRY

FIELDS SALAD

GREEK PASTA

SALAD

VEGGIES

BRUSSEL SPROUTS

SPINACH

BROCCOLI

ASPARAGUS

ZUCCHINI & SQUASH



Meal Prep:

- Meal prep services will be provided for a minimum of two weeks at a time
- Menus are 100% custom. Consultations can be arranged via phone after sending an inquiry. Orders should be placed by Saturday 12 noon or you will be charged a **\$35 rush fee.**
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Weekly Meal Prep

Meal Prep Pickup/Delivery

- Labor for lunch and dinner for 5 days :
- - 2 entree plan (2 proteins, starches, and veggies) \$130 plus cost of food

(Most clients spend about \$80-\$150 on food per week)

- - 3 entree plan (3 proteins, starches, and veggies) \$150 plus cost of food
- Menus are 100% custom
- Food cost added after consultation

In Home Meal Prep Starting Prices

Meal Quantity	Item Quantity	Prices
10 Meals	2 proteins + 2 starches + 2 vegetables	\$200
15 Meals	2 proteins + 2 starches + 2 vegetables	\$250
20 Meals	2 proteins + 2 starches + 2 vegetables	\$300
25 Meals	3 proteins + 3 starches + 3 vegetables	\$350
30 Meals	3 proteins + 3 starches + 3 vegetables	\$400

***Prices include labor for lunch and dinner**

Menus are 100% custom. Consultations can be arranged via phone after sending an inquiry. Orders should be placed by Saturday 12 noon or you will be charged a **\$25 deposit rush fee**.

Here are a few of our highly requested items that clients order on a weekly basis. Please feel free to customize your menu to your specific/dietary needs. **(Prices differ upon request)**

Lo Mein Noodles/Fried Rice:

Lo mein/ Fried is a Chinese dish & It often contains vegetables and some type of meat or seafood, usually beef, chicken, pork, and or shrimp.

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Fajitas

A fajita in Mexican cuisine is any grilled protein/vegetable that is served as a taco (without or without the tortilla)

Curry

Perfect for dishes like soups, stews, salads, curries and more! Not too spicy, flavorful, and so delicious!

Jerk

Dry-rubbed or wet marinated with a hot/mild spice mixture called Jamaican jerk spice

Creole/Southwest

Peppers, onions, creole/southwest seasonings

Pesto

Traditionally consists of crushed garlic, pine nuts, coarse salt, basil leaves, cheese , and all blended with olive oil.

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