Savory Celebrations

Meal Prep Menu - $9.98 Out the Door Per Meal

Estimated nutrition per serving | Lunch and dinner selections

These meals are prep suggestions. We can make meals to order and offer many other options - tell us what you enjoy.

1. Garlic Chicken

Calories: 370 kcal Protein: 37 g Carbs: 40 g Fat: 7 g

Ingredients: Chicken breast, potatoes, green beans, garlic, olive oil, salt, pepper.

Price: $9.98 per meal

2. BBQ Chicken Thighs

Calories: 490 kcal Protein: 33 g Carbs: 58 g Fat: 14 g

Ingredients: Boneless skinless chicken thighs, potatoes, corn, BBQ sauce, milk, butter, salt, pepper.

Price: $9.98 per meal

3. Lemon Chicken

Calories: 390 kcal Protein: 37 g Carbs: 42 g Fat: 8 g

Ingredients: Chicken breast, sweet potatoes, broccoli, lemon, garlic, olive oil, salt, pepper.

Price: $9.98 per meal

4. Chicken and Gravy

Calories: 460 kcal Protein: 34 g Carbs: 45 g Fat: 16 g

Ingredients: Boneless skinless chicken thighs, potatoes, carrots, onion, chicken broth, flour, milk, butter, salt, pepper.

Price: $9.98 per meal

5. Chicken Potato Skillet

Calories: 430 kcal Protein: 38 g Carbs: 49 g Fat: 9 g

Ingredients: Chicken breast, potatoes, bell peppers, onion, corn, olive oil, paprika, salt, pepper.

Price: $9.98 per meal

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6. Chicken Garden Salad

Calories: 390 kcal Protein: 39 g Carbs: 20 g Fat: 17 g

Ingredients: Chicken breast, romaine lettuce, cucumber, tomato, corn, cheddar cheese, ranch dressing, salt, pepper.

Price: $9.98 per meal

7. Roast Pork

Calories: 420 kcal Protein: 36 g Carbs: 42 g Fat: 12 g

Ingredients: Pork loin, potatoes, carrots, green beans, garlic, olive oil, rosemary, salt, pepper.

Price: $9.98 per meal

8. Pork Chops and Apples

Calories: 460 kcal Protein: 35 g Carbs: 53 g Fat: 12 g

Ingredients: Boneless pork loin chop, apples, onion, potatoes, green beans, milk, butter, salt, pepper.

Price: $9.98 per meal

9. BBQ Pulled Pork

Calories: 510 kcal Protein: 31 g Carbs: 47 g Fat: 22 g

Ingredients: Boneless pork shoulder, potatoes, cabbage, carrots, BBQ sauce, mayonnaise, apple cider vinegar, olive oil, salt, pepper.

Price: $9.98 per meal

10. Pork and Mushroom Gravy

Calories: 470 kcal Protein: 38 g Carbs: 48 g Fat: 14 g

Ingredients: Pork loin, mushrooms, onion, egg noodles, peas, broth, flour, butter, salt, pepper.

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11. Pork Sweet Potato Skillet

Calories: 430 kcal Protein: 36 g Carbs: 45 g Fat: 12 g

Ingredients: Pork loin, sweet potatoes, bell peppers, onion, green beans, olive oil, garlic, salt, pepper.

Price: $9.98 per meal

12. Garlic Shrimp Pasta

Calories: 440 kcal Protein: 32 g Carbs: 52 g Fat: 12 g

Ingredients: Shrimp, pasta, broccoli, garlic, butter, lemon, salt, pepper.

Price: $9.98 per meal

13. Cajun Shrimp and Potatoes

Calories: 380 kcal Protein: 29 g Carbs: 48 g Fat: 8 g

Ingredients: Shrimp, potatoes, corn, bell peppers, onion, olive oil, mild Cajun seasoning.

Price: $9.98 per meal

14. Shrimp Fried Rice

Calories: 440 kcal Protein: 33 g Carbs: 50 g Fat: 12 g

Ingredients: Shrimp, rice, egg, peas, carrots, onion, soy sauce, vegetable oil, garlic.

Price: $9.98 per meal

15. Lemon Shrimp Bowl

Calories: 380 kcal Protein: 29 g Carbs: 48 g Fat: 8 g

Ingredients: Shrimp, rice, zucchini, green beans, lemon, garlic, olive oil, salt, pepper.

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16. Lemon Cod

Calories: 320 kcal Protein: 25 g Carbs: 39 g Fat: 7 g

Ingredients: Cod, potatoes, green beans, lemon, garlic, olive oil, parsley, salt, pepper.

Price: $9.98 per meal

17. Crispy Baked Cod

Calories: 400 kcal Protein: 29 g Carbs: 53 g Fat: 8 g

Ingredients: Cod, potatoes, peas, breadcrumbs, egg, olive oil, paprika, salt, pepper.

Price: $9.98 per meal

18. Tomato Cod

Calories: 350 kcal Protein: 26 g Carbs: 46 g Fat: 7 g

Ingredients: Cod, rice, zucchini, tomatoes, onion, garlic, olive oil, basil, salt, pepper.

Price: $9.98 per meal

19. Dill Salmon

Calories: 420 kcal Protein: 28 g Carbs: 39 g Fat: 17 g

Ingredients: Atlantic salmon, potatoes, green beans, lemon, dill, olive oil, salt, pepper.

Price: $9.98 per meal

20. Honey Mustard Salmon

Calories: 460 kcal Protein: 29 g Carbs: 48 g Fat: 17 g

Ingredients: Atlantic salmon, sweet potatoes, broccoli, honey, Dijon mustard, olive oil, salt, pepper.

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21. Salmon Potato Salad

Calories: 410 kcal Protein: 28 g Carbs: 34 g Fat: 18 g

Ingredients: Atlantic salmon, potatoes, green beans, cucumber, lemon, Dijon mustard, olive oil, dill, salt, pepper.

Price: $9.98 per meal

22. Beef Lasagna

Calories: 560 kcal Protein: 34 g Carbs: 52 g Fat: 24 g

Ingredients: Ground beef, lasagna noodles, tomato sauce, ricotta cheese, mozzarella cheese, green beans, garlic, Italian seasoning, salt, pepper.

Price: $9.98 per meal

23. Beef Stew

Calories: 420 kcal Protein: 31 g Carbs: 38 g Fat: 16 g

Ingredients: Beef stew meat, potatoes, carrots, onion, peas, beef broth, flour, olive oil, thyme, salt, pepper.

Price: $9.98 per meal

24. Beef Chili

Calories: 450 kcal Protein: 32 g Carbs: 40 g Fat: 18 g

Ingredients: Ground beef, kidney beans, tomatoes, onion, bell peppers, chili powder, cumin, garlic, salt, pepper.

Price: $9.98 per meal

25. Spaghetti and Meat Sauce

Calories: 520 kcal Protein: 32 g Carbs: 62 g Fat: 16 g

Ingredients: Ground beef, spaghetti, tomato sauce, broccoli, onion, garlic, Italian seasoning, salt, pepper.

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26. Meatloaf Dinner

Calories: 540 kcal Protein: 31 g Carbs: 50 g Fat: 24 g

Ingredients: Ground beef, egg, breadcrumbs, onion, ketchup, potatoes, green beans, milk, butter, salt, pepper.

Price: $9.98 per meal

27. Beef Potato Skillet

Calories: 510 kcal Protein: 30 g Carbs: 48 g Fat: 22 g

Ingredients: Ground beef, potatoes, corn, onion, cheddar cheese, garlic, salt, pepper.

Price: $9.98 per meal

28. Broccoli Mac and Cheese

Calories: 510 kcal Protein: 22 g Carbs: 65 g Fat: 18 g

Ingredients: Elbow macaroni, broccoli, cheddar cheese, milk, butter, flour, salt, pepper.

Price: $9.98 per meal

29. Vegetable Pasta Bake

Calories: 460 kcal Protein: 21 g Carbs: 58 g Fat: 16 g

Ingredients: Penne pasta, zucchini, spinach, tomatoes, marinara sauce, mozzarella cheese, garlic, Italian seasoning.

Price: $9.98 per meal

30. Chicken Pasta Salad

Calories: 450 kcal Protein: 36 g Carbs: 52 g Fat: 11 g

Ingredients: Chicken breast, rotini pasta, cucumber, tomatoes, peas, light Italian dressing, salt, pepper.

Price: $9.98 per meal

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