



MEAL PREP & CATERING

MEAL PREP MENU

With Cooking My Way's meal prep options, you can spend less time in the kitchen and more time indulging in delicious, healthy meals that will bring you closer to your goals! All of our meal prep menu items are carefully prepared by our experienced chef and are completely customizable to suit any dietary restrictions.



VEGGIE FRITATTAS \$5

100 calories, 8.5g protein

Fluffy whipped eggs with red pepper, onion, and asparagus baked in a cast iron skillet and served by the slice.



MEAT FRITATTAS \$5

102 calories, 10g protein

Fluffy whipped eggs with chicken breakfast sausage baked and garnished with green onion. Served by the slice.



CHICKEN & RICE \$10

620 calories, 56g protein

Savory grilled chicken breast (8 ounces) served with brown rice and steamed green beans.



ITALIAN MEATBALLS \$9

832 calories, 62g protein

Juicy beef and pork hand rolled meatballs, seasoned to perfection with marinara sauce, brown rice and steamed broccoli.



ASIAN MEATBALLS \$9

786 calories, 61g protein

Hand rolled tender ground Asian spiced turkey meatballs served with teriyaki sauce, brown rice and zucchini.



VEGGIE PROTEIN BOWL \$9

436 calories, 15g protein

Broccoli, bell pepper, red onion, mushroom & yellow squash atop protein-packed quinoa, served with a honey, ginger, soy sauce.



PORK TENDERLOIN \$10

679 calories, 70g protein

Oven roasted pork tenderloin (9 ounces) served with roasted sweet potatoes and steamed green beans.

CONTACT US

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MEAL PREP ORDER FORM

NAME: _____ **TODAY'S DATE:** _____
PHONE NUMBER: _____ **EMAIL:** _____
CARD NUMBER: _____ **CARD EXP.:** _____
BILLING ADDRESS: _____ **SECURITY CODE:** _____

SELECT FROM ONE OF THE MEAL PREP MENU ITEMS BELOW

Be sure to specify how many of the item(s) you're ordering on the line next to the checkbox.

VEGGIE FRITATTAS \$5

MEAT FRITATTAS \$5

CHICKEN & RICE \$10

ITALIAN MEATBALLS \$9

ASIAN MEATBALLS \$9

VEGGIE PROTEIN BOWL \$9

PORK TENDERLOIN \$10

****Please provide any dietary restrictions or specific substitutions if applicable:**

I authorize COOKING MYWAY MEAL PREP & CATERING to charge the Credit/Debit card provided on this form to pay for the menu items selected on this form at the price(s) listed with applicable tax. I acknowledge that ingredient accommodations/substitutions pertaining to potential dietary restrictions can only be implemented if I have provided accurate information in the space above. I acknowledge that all personal information provided on this form is accurate. I acknowledge that my meal prep order is to be picked up at VIBE FITNESS located at 524 Wards Corner Road Loveland, OH 45140 within two weeks from the date that this order form is submitted. I acknowledge that I have three days to retrieve my order from VIBE FITNESS before the items are discarded.

SIGNATURE: _____ **DATE:** _____