

Ki Kitchen Meal Prep

12 a meal for breakfast. 5 meals for 55.

15 a meal for lunch. 5 meals for 65.

18 a meal for dinner. 5 meals for 80.

5 meals breakfast, lunch 100.

5 meals lunch and dinner 130.

5 meals breakfast, lunch, and dinner 160.

Most dietary needs can be accommodated.

Composed Dishes

A few ideas. We can discuss off menu items.

Chicken, corn and black bean enchiladas

Soba noodle salad with seared tuna

Grilled Chicken breast on Spinach Salad

Blackened Shrimp on zucchini "noodle" with tomato sauce

Roasted Salmon with asparagus and roasted potatoes

Proteins

Salmon

Chicken Breast

Chicken Thigh

Shrimp

Vegetables

Green beans

Broccoli

Carrots

Zucchini, yellow squash, and carrots

Roasted brussel sprouts

Starches

Roasted potatoes
Brown rice
Sweet potato mash
Quinoa

Breakfast

Breakfast scrambler with potatoes, scrambled eggs and turkey sausage
Banana egg pancake
Vegetable frittata