



We deliver to your door step Sunday Night and a Wednesday night. All orders must be in Friday at 5pm. Ask us about meal planning!

PROTEIN

CHOOSE ONE - 5oz standard

- PNP Chicken
- Teriyaki Chicken
- Mexican Chicken
- Pesto Chicken
- BBQ Meatballs
- Spicy PNP Chicken
- Buffalo Chicken
- Garlic Chicken
- Italian Meatballs
- Traditional Meatballs
- BBQ Chicken
- Italian Chicken
- Curry Chicken
- Steak (+\$1.75)

CARBS

CHOOSE ONE - 1 cup

- Jasmine Rice
- Cilantro Lime Rice
- Mashed Potatoes
- Spanish Rice
- Wedged Potatoes
- Italian Rice
- Cheese Pasta

VEGGIES

CHOOSE ONE - 1/2 cup

- Mixed Veggies
- Broccoli
- Carrots
- Brussel Sprouts
- Asparagus

SAUCE

CHOOSE ONE

- PNP Sauce
- Garlic Aioli
- Spicy PNP Sauce
- Teriyaki

PRICING

\$10 /meal

10 meals:
\$9 /meal

15 meals:
\$8 /meal

21 meals:
\$7 /meal