

HARDCORE MENU

Our Hardcore menu is for those who are very serious about hitting their daily nutritional requirements. Simply choose your protein, carb and/or fat source in the amount you need and we'll make it to order in microwaveable bowls. Nothing fancy, just the basics. All 4 sections are optional. Use this menu as your order sheet, call or email us at orders@orderhealthymeals.com

1. PROTEIN Per ounce

___ Grilled Chicken - \$.70 - 7g pro, 1g fat, 0g carb

___ Ground Beef - \$.90 - 7g pro, 2g fat, 0g carb

___ Ground Turkey - \$.80 - 7g pro, 2g fat, 0g carb

- Microwaveable
- Freezable
- Order any quantity
- Each category optional
- 100% whole food
- BPA free containers

2. CARBS

___ 1/4 cup Brown Rice - \$.20 - 11g carbs, 1g fiber, .5g fat, 1g pro

___ 1oz Mashed Sweet Potatoes - \$.30 - 6g carbs, 1g fiber, 0g fat, 0g pro

___ 1oz Roasted Red Potatoes - \$.30 - 6g carbs, 1g fiber, 1g fat, 0g pro

3. FATS - SOLD IN SEPERATE CONTAINERS

___ 1oz Guacamole - \$1 - 4.5g fat, 2g carbs, 0g pro

24 hr
notice

Minimum
5 meals



4. VEGGIES

___ Stmd Broccoli - \$1.50 per bowl

___ Green Beans - \$1.50 per bowl