



# MEAL PREP MENU

## ENTRÉE

Oven Roasted Chicken and Sauteed  
Garlic Spinach

Macaroni & Cheese and Steamed Broccoli

Coconut Curry Chickpeas and White Rice (V)



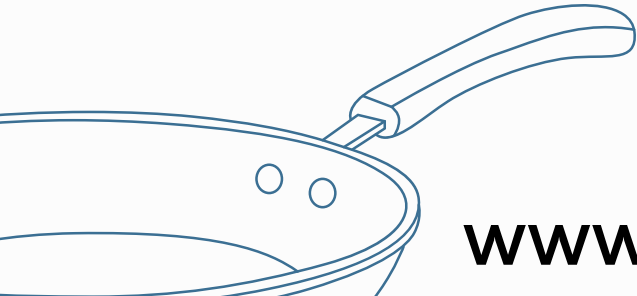
Grass-fed Beef Chili  
Broccoli Soup (V)

**\$8-15 PER MEAL**

## DESSERT



Banana Walnut Muffins \$8 per 1/2 doz  
Blueberry Apple Pie \$20



**INFUSED WATER GAL \$5**  
**LEMON BLUEBERRY**  
**DETOX (LEMON, CUCUMBER,**  
**MINT & GINGER)**

[www.earthwindfuego.com](http://www.earthwindfuego.com)