

LUNCH & DINNER

The Staple GF Grilled Chicken Breast, (Rice or Sweet Potato), Vegetables	SM 7.50	LG 9.00
Chicken Stir Fry GF Grilled Chicken Breast, Grilled Onions & Peppers, with Rice and Vegetables	SM 7.75	LG 9.25
Garlic Herb Shrimp GF Shrimp, Rice, Vegetables	SM 9.50	LG 11.00
Honey Sriracha Shrimp GF Shrimp, Rice, Vegetables	SM 9.50	LG 11.00
Garlic Herb Tilapia GF Tilapia, Rice, Vegetables	SM 7.50	LG 9.00
Chipotle Salmon GF Salmon, (Rice or Sweet Potato), Vegetables	SM 10.00	LG 11.50
Seasoned Turkey Ground Turkey, (Rice, Red Potato or Sweet Potato), Vegetables	SM 8.25	LG 9.75
Lean Beef & Onions Ground Beef with Sautéed Onion (Rice or Sweet Potato), Vegetables	SM 8.00	LG 9.50
Turkey Meatloaf Meatloaf, (Red Mashed Potato or Sweet Mashed Potato), Green Beans	ONE SIZE	9.00

Our goal is to prepare healthy eating options for your busy and active lifestyle by preparing fresh meals using lean proteins, carbohydrates, and healthy fats that provide you with the fuel you need to help achieve your dietary goals. All food is prepared on site in our commercial kitchen.

BREAKFAST

The Breakfast Hash GF Free Range Eggs, Egg Whites, Turkey Sausage, Onions, Peppers with (Red Potato or Sweet Potato)	SM 6.25	LG 7.50
Eggcellence Wrap Free Range Eggs, Egg Whites, Turkey Sausage, Onions, Peppers in a Low Carb Tortilla	SM 6.00	
Protein Pancakes Protein Pancakes with Turkey Bacon or Turkey Sausage	SM 6.25	LG 7.75

SNACKS (feels like you're cheating)

Peanut Butter Protein Bar GF	2.75
Lemon Coconut Protein Bar GF	2.75
Chocolate Almond Protein Bar	2.75

- See our [Macronutrients Chart](#) for full nutritional information of each item.
- Vegetarian and paleo & other dietary needs are available in a custom order.

GF

Gluten Free



CUSTOM MEAL PROGRAM

PREP'D also offers the ability to fulfill your custom meal requests that will save you time and money. By providing us with your individual food portions, we will prepare your custom daily meals to be picked up. Talk to one of our staff members today and we can set up a program to help accomplish your goals!

- Order online www.prepdmeals.com

11301 W Reno Ave, Ste C, Yukon, OK 405.265.0391 info@prepdmeals.com

GET STARTED TODAY!

On The Go!

Looking for a healthier fast food option? Stop by the store and pick up one or more meals while on the go.

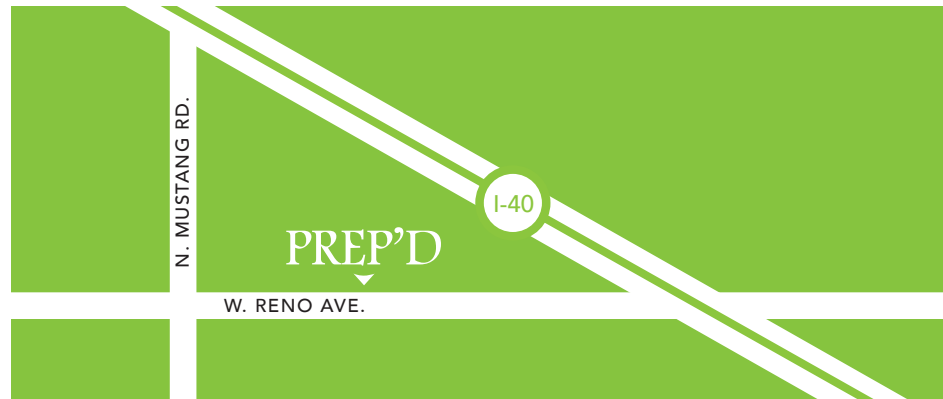
Custom Order

We can fulfill your custom meal requests, saving you time and money. Please order at least 1 day in advance.

Bulk Order

When you pre-order 15 or more meals you will receive 10% off. Please order at least 1 day in advance.

Order via Phone, Facebook, In Person, or on our website.



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Stay in Touch

Join our email newsletter at www.prepdmeals.com



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Fast, convenient and delicious.
We provide you with the fuel you need
to help achieve your dietary goals.

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