



**Website:** [www.RedVelvet-CateringEvents.com](http://www.RedVelvet-CateringEvents.com) ~ **Phone:** (770) 855-9672 ~ **Email:** [RedVelvetCatering@gmail.com](mailto:RedVelvetCatering@gmail.com)

## **MEAL PREP MENU**

Eating healthy is a lifestyle that needs to be maintained, easy and affordable for it to be effective. But cooking it and making it delicious on a consistent basis can be a bit challenging. This is where we come in!

Our meals are cooked to accommodate your nutritional desires and needs to ensure that you maintain a healthy lifestyle. We realize that for some, it's just a matter of having meals pre-prepared for those who either don't cook or simply just don't want to.

Our weekly menus are always rotating and expanding so you'll experience a variety of foods and avoid getting bored. All meals are prepared with fresh ingredients. All dietary and religious restrictions can be adhered to.

### **PRICING**

~MP1 - \$130 (10 meals per week, 2 per day, 1 entrée, 2 sides), \$12 for each additional meal

~MP2 - \$110 (10 meals per week, 2 per day, 1 entrée, 1 side), \$10 for each additional meal

~Add \$2 for each seafood entrée OR \$3 for each steak entrée

### **THE WAY IT WORKS**

~After the initial consultation, a proposed menu will be emailed to you. There will be options for lunch and dinner based on the menu items you desire &/or need.

~Select 5 entrée and 5 side dishes from our menu options. We will customize each meal based on your selections.

~Once you confirm the customized meal selections, make payment using any of our payment methods.

~We will meet you at a designated location for pick up or meals will be delivered at a designated location on Sundays for a fee, which will be based on mileage.

~After receiving your meals. you decide which of the 10 meals will be eaten for lunch or dinner.

## **MEAL PREP MENU OPTIONS**

### **POULTRY**

~Mesquite Grilled Chicken

~Teriyaki Chicken

~Honey Sesame Chicken

~Baked Chicken Legs

~Fajita Chicken

~Baked Chicken Whole Wings

~Pesto Chicken Kabobs

~Salsa Ground Chicken Patty

~BBQ Chicken Breast OR Thigh

~Salsa Ground Turkey Patty

~Italian Turkey **OR** Chicken Meatballs

~Chicken Curry

~Jerk Chicken Legs

~Garlic Butter Chicken

~Chicken Scampi

~Shredded Chicken

~Chicken Stir Fry

~Turkey Meatloaf

~Tikka Masala

~Smoked Turkey & Peppers

~Chicken Fajita Skillet



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## **BEEF**

- |                                |                           |                          |
|--------------------------------|---------------------------|--------------------------|
| ~Italian Beef Meatballs        | ~Meatballs w/Brown Gravy  | ~Salsa Ground Beef Patty |
| ~Pot Roast w/Veggies           | ~Beef Stir Fry            | ~Stuffed Peppers         |
| ~Shredded BBQ Beef             | ~Fajita Beef Skillet      | ~Beef & Broccoli         |
| ~Mongolian Beef                | ~Beef & Asparagus Bundles | ~Swedish Meatballs       |
| ~Hawaiian Ground Beef          | ~Teriyaki Beef            | ~Vegan Meatloaf          |
| ~Smoked Beef Sausage & Peppers |                           |                          |

## **PORK**

- |                                |                             |                      |
|--------------------------------|-----------------------------|----------------------|
| ~Herb Boneless Pork Chop       | ~Carnitas (Shredded Pork)   | ~Garlic Butter Pork  |
| ~Ranch Boneless Pork Chop      | ~Spicy Ground Pork Stir Fry | ~Pesto Pork Kabobs   |
| ~Sweet & Sour Pork             | ~Pork Stir Fry              | ~Mushroom Pork Chops |
| ~Smoked Pork Sausage & Peppers |                             |                      |

## **SEAFOOD (\*add \$2 per meal)**

- |                       |                          |                             |
|-----------------------|--------------------------|-----------------------------|
| ~Tilapia Scampi       | ~Salmon Scampi*          | ~Shrimp Scampi              |
| ~Cilantro Lime Shrimp | ~Honey Garlic Salmon*    | ~Baked Salmon*              |
| ~Baked Cod            | ~Garlic Butter Salmon*   | ~Shrimp & Sausage Jambalaya |
| ~Salmon Patty*        | ~Teriyaki Salmon Kabobs* | ~Shrimp Stir Fry            |

## **PASTA**

- |                           |                              |                            |
|---------------------------|------------------------------|----------------------------|
| ~Baked Beef Spaghetti     | ~Chicken Alfredo             | ~Fettuccini Alfredo        |
| ~Chicken Lasagna Roll Ups | ~Vegetable Lasagna Rolls Ups | ~Beef Lasagna Roll Ups     |
| ~Penne w/Marinara         | ~Pesto Chicken & Asparagus   | ~Mushrooms & Spinach Pasta |
| ~Pasta Primavera          | ~Bruschetta Chicken          | ~Shrimp & Spinach Pasta    |
| ~Lemon Ricotta Pasta      | ~Tomato Basil Pasta          | ~Mediterranean Pasta       |



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## VEGETARIAN/VEGAN

- |                         |                     |                         |
|-------------------------|---------------------|-------------------------|
| ~Black Bean Burger      | ~Lentil Burger      | ~Tofu & Veggie Stir Fry |
| ~Zucchini Meatballs     | ~Vegetable Stir Fry | ~Sesame Tofu w/Broccoli |
| ~Quinoa Stuffed Peppers | ~Veggie Fritters    | ~Chickpea Meatballs     |

## BURRITO BOWLS

- |                         |                 |                     |
|-------------------------|-----------------|---------------------|
| ~Chipotle Chicken       | ~Peanut Chicken | ~Chicken Quinoa     |
| ~Grilled Chicken        | ~Jerk Chicken   | ~Chicken Fajita     |
| ~Ground Beef & Broccoli | ~Korean Beef    | ~Cilantro Lime Beef |
| ~Spicy Shredded Pork    | ~Pork Fajita    | ~Beef Taco          |
| ~Egg Roll               | ~Sweet Potato   | ~Quinoa & Chickpea  |

## WRAPS

- |                            |                    |                               |
|----------------------------|--------------------|-------------------------------|
| ~Chicken Caesar            | ~Asian Sesame      | ~Vegan Cream Cheese & Veggies |
| ~Cobb Salad                | ~Vegan Tofu Caesar | ~Buffalo Chicken              |
| ~Roasted Red Pepper Hummus | ~Grilled Veggies   | ~Roasted Turkey               |

## SIDES

- |                            |                         |                             |
|----------------------------|-------------------------|-----------------------------|
| ~Sautéed Spinach           | ~Fried Cabbage          | ~Green Beans                |
| ~Cauliflower Mash          | ~Mashed Potatoes        | ~Garlic Mashed Potatoes     |
| ~White Rice                | ~Brown Rice             | ~Cauliflower Rice           |
| ~Broccoli Rice             | ~Black Beans            | ~Green Peas                 |
| ~Spinach Spaghetti Squash  | ~Veggie Fried Rice      | ~Cauliflower Fried Rice     |
| ~Steamed Broccoli          | ~Steamed Cauliflower    | ~Roasted Asparagus          |
| ~Roasted Red Potatoes      | ~Roasted Sweet Potatoes | ~Sweet Potato Mash          |
| ~Brussel Sprouts           | ~Roasted Corn           | ~Okra & Tomatoes            |
| ~Creamed Spinach           | ~Potato Salad           | ~Yellow Rice Pilaf          |
| ~Roasted Parmesan Broccoli | ~Pesto Zoodles          | ~Spinach & Mushroom Risotto |



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## **SALADS**

**\*For entrée salads, add 1 poultry option at no additional charge.**

**\*For entrée salads, add 1 beef, pork, seafood OR tofu option for \$2 per salad.**

~Garden Salad	~Caesar Salad	~Spinach Salad
~Kale Salad	~Mediterranean Chickpea Salad	~Italian Pasta Salad
~Caprese Quinoa Salad	~Greek Quinoa Salad	~Southwest Quinoa Salad
~Chicken Salad	~Tuna Salad	~Thai Chopped Salad
~Egg Salad	~Broccoli Salad	~Superfood Salad
~Mixed Greens Salad	~Cucumber Salad	

**\*Dressings:** Ranch, Italian, Caesar, Balsamic Vinaigrette, Red Wine Vinaigrette, Green Goddess, Thousand Island, Honey Mustard, French, Raspberry, Greek, Asian Sesame, Blue Cheese & Poppy Seed. Lite dressings will be provided upon request.

## **SOUPS & CHILIS ~ \$2.00 per cup**

~Cabbage Soup	~Tomato Basil Soup	~Egg Drop Soup
~Black Bean Soup	~Detox Lentil Soup	~Vegan Chili
~Chicken Noodle Soup	~Broccoli Cheese Soup	~Loaded Potato Soup
~Tomato Beef Chili	~White Chicken Chili	~Taco Soup
~Chicken & Wild Rice Soup	~Vegetable Beef	~Lentil Soup