



Website: www.RedVelvet-CateringEvents.com ~ **Phone:** (770) 855-9672 ~ **Email:** 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 - 10 meals per week, 2 per day for 5 days a week. 1 entrée, 2 sides), \$10 for each additional meal
- ~MP2 - 10 meals per week, 2 per day for 5 days a week. 1 entrée, 1 side), \$12 for each additional meal
- ~MP3 - 10 meals per week), 2 per day for 5 days a week. 2 entrées, 2 sides), \$15 for each additional meal
- ~There's an upcharge for each seafood, steak and vegan menu options.
- ~Please email us for pricing and assistance with creating your desired menu.

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

~Zucchini Meatballs

~Quinoa Stuffed Peppers

~Lentil Burger

~Vegetable Stir Fry

~Veggie Fritters

~Tofu & Veggie Stir Fry

~Sesame Tofu w/Broccoli

~Chickpea Meatballs

BURRITO BOWLS

~Chipotle Chicken

~Grilled Chicken

~Ground Beef & Broccoli

~Spicy Shredded Pork

~Egg Roll

~Peanut Chicken

~Jerk Chicken

~Korean Beef

~Pork Fajita

~Sweet Potato

~Chicken Quinoa

~Chicken Fajita

~Cilantro Lime Beef

~Beef Taco

~Quinoa & Chickpea

WRAPS

~Chicken Caesar

~Cobb Salad

~Roasted Red Pepper Hummus

~Asian Sesame

~Vegan Tofu Caesar

~Grilled Veggies

~Vegan Cream Cheese & Veggies

~Buffalo Chicken

~Roasted Turkey

SIDES

~Sautéed Spinach

~Cauliflower Mash

~White Rice

~Broccoli Rice

~Spinach Spaghetti Squash

~Steamed Broccoli

~Roasted Red Potatoes

~Brussel Sprouts

~Creamed Spinach

~Roasted Parmesan Broccoli

~Fried Cabbage

~Mashed Potatoes

~Brown Rice

~Black Beans

~Veggie Fried Rice

~Steamed Cauliflower

~Roasted Sweet Potatoes

~Roasted Corn

~Potato Salad

~Pesto Zoodles

~Green Beans

~Garlic Mashed Potatoes

~Cauliflower Rice

~Green Peas

~Cauliflower Fried Rice

~Roasted Asparagus

~Sweet Potato Mash

~Okra & Tomatoes

~Yellow Rice Pilaf

~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