



FIT + SWEET  
SUPERFOODS CAFE

# CUSTOM MEAL PREPS

Name (and Last Name)

Phone #

## Pick-Up / Delivery

(Circle option, write date + hour, include address if chose delivery)

## How Many Plates? \_\_\_\_\_



Individual \$10.5



5 to 9 Plates \$8.5 (each plate)



10 or + Plates \$6.5 (each plate)



## Choose your Carbohydrates

- Pasta
- Potatoes
- Brown Rice
- Lentils
- Black Beans
- Corn Tortilla
- Wheat Bread

- All
- None

Premium + \$1, qty: \_\_\_\_\_

- Sweet Potato
- Quinoa



## Choose your Vegetables

- Broccoli
- Mushrooms
- Zucchini
- Zoodles
- Peppers
- Carrots

- Beetroot
- Asparagus
- Salad

- All
- None

Premium + \$1, qty: \_\_\_\_\_

- Brussel Sprouts
- Sweet Salad
- Edamame



## Choose your Proteins

### Regular

- Chicken Breast
- Turkey Breast
- Tilapia

Premium + \$2, qty: \_\_\_\_\_

- Salmon
- Ahi Tuna
- Beef
- Shrimp

### Vegan

- Tofu
- Cauliflower
- Chick'n
- Lentils
- Cochinita Pibil (Jackfruit)

Vegan Premium + \$2, qty: \_\_\_\_\_

- Chickpea Ceviche
- Edamame
- Meatballs
- Quinoa



## Choose your Dressings

### Sweet

- Orange
- BBQ
- Mole
- Italian

### Spicy

- Buffalo
- Chipotle
- Poblano
- Honey Siracha
- Mango Habanero

### Sour

- Marinara
- Pesto
- Fresh Herb
- Vegan Alfredo
- Lemon-Pepper
- Parmesan

Order pick-up in our location

5700 N Mesa St, Ste E  
El Paso, TX 79912

(915) 500-1385

@fitsweetsuperfoods  
fitsweetsuperfoods.com

## BENEFITS

- Save Time in Cooking
- Save Time in Grocery Shopping
- Save Money
- Stop Skipping Meals
- Manage Your Portions
- Less Food Waste
- Lower Your Stress
- Reach Your Goals