



Name: _____

Contact Phone Number: _____

Email Address: _____

Meal Prep Order Sheet

HANDMADE FRESH MEALS TO PROMOTE HEALTHY EATING

Our Chef inspired menu is changed weekly. Simply choose your protein type & number desired. We will fill in the vegetables and sides. If you have specific allergies or dietary needs, please list at the bottom.

___ BEEF	___ FISH	___ SHRIMP	x \$8.00 = \$ _____
___ CHICKEN			x \$7.00 = \$ _____
___ VEGETARIAN			x \$4.00 = \$ _____
___ SOUP	___ SALAD		x \$3.00 = \$ _____
<input type="checkbox"/> DELIVERY (Check)			\$12.00 = \$ _____
		TAX (8.25%)	_____
		TOTAL = \$	_____

- CASH
- CHECK
- VENMO

Address for Delivery: _____

Allergies/Dietary Restrictions: _____

ALL ORDERS SHOULD BE SUBMITTED BY **FRIDAY 8:00PM** FOR PICKUP OR DELIVERY ON **MONDAY BY 5:00PM** UNLESS OTHER ARRANGEMENTS ARE MADE.

Please fill out and email this sheet to pcmealprep@gmail.com.