



## FitnessAtYourDoor

Meal Prep Menus

### Option 1:

- **Poke Bowl (4 portions)**
  - Tamari glazed salmon w/ quinoa, cucumber, bok choy, daikon radish, & a horseradish avocado “wasabi.”
    - 506.29 Calories
    - 33.8g Protein
    - 13.3g Total Fat
    - 62.13g Carbs
- **Szechuan Chicken w/ Zucchini Noodles**
  - Zucchini Noodles w/ szechuan chicken thighs, bell peppers, fermented cabbage, bok choy, & peanuts.
    - 533.6 Calories
    - 37.7g Protein
    - 18.5g Total Fat
    - 67.4g Carbs
- **Garlic Ginger Shrimp Lettuce Wrap (3 portions)**
  - Garlic ginger shrimp w/ bell peppers, sweet potato, bean sprouts, cilantro, alfalfa sprouts, & bean sprouts.
    - 506.9 Calories
    - 34.8g Protein
    - 12.7g Total Fat
    - 63.6g Carbs

### Option 2:

- **Moroccan Bowl (4 portions)**
  - Couscous w/ stewed chicken thigh, eggplant, carrots, & zucchini, then finished with olives & peanuts.
    - 507.1 Calories
    - 38.9g Protein
    - 15.3g Total Fat
    - 62.4g Carbs
- **Shrimp Pad Thai w/ Zucchini Noodles (3 portions)**
  - Zucchini Noodles w/ shrimp, carrot, ginger, tahini, bell pepper, & arugula.
    - 512.2 Calories
    - 31.1g Protein
    - 16.9g Total Fat
    - 62.5g Carbs
- **Fish Salad Bowl (3 portions)**
  - Harissa Spice Salmon w/ quinoa, bell pepper, cherry tomatoes, carrots, & zucchini.
    - 501.5 Calories
    - 33.1g Protein
    - 19.8g Total Fat
    - 64.9g Carbs