



Suzanne's Gourmet  
Catering

## MELPREP CUSTOM MEALS

### PROTEIN

	Price	Price	Price
	4oz	6oz	8oz
Lean Ground Beef	\$4.75	\$7.15	\$9.50
Extra Lean Ground Turkey	\$5.75	\$8.65	\$11.50
Lean Ground Chicken	\$5.60	\$8.42	\$11.20
Chicken Breast	\$6.00	\$9.03	\$12.00
Tilapia	\$7.23	\$10.87	\$14.46
Sole	\$8.00	\$12.04	\$16.00
Roast Beef	\$9.21	\$13.85	\$18.42
Salmon	\$10.21	\$15.36	\$20.42
Steak	\$11.00	\$16.54	\$22.00

### CARBOHYDRATES

	1 oz
White Rice	\$0.18
Brown Rice	\$0.19
Pasta	\$0.20
Quinoa	\$0.23
Yellow Potato	\$0.35
Sweet Potato	\$0.60

## VEGETABLES

1 oz

Peas	\$0.20
Squash	\$0.36
Brussel Sprouts	\$0.45
Broccoli	\$0.50
Peppers	\$0.60
Green Beans	\$0.65
Asparagus	\$0.98

## SIGNATURE MEALS

Price

5oz Tilapia with Green Beans and Sweet Potato (292 cal)	\$12.94
Fusilli Pasta with Tomato Meat Sauce made with 6 oz ground beef (1088cal)	\$9.16
5 oz Chicken Breast with Squash and Broccoli (239 cal)	\$11.02
6 oz Ground Turkey with Quinoa and Peppers (315 cal)	\$11.57
5 oz Roast Beef with Yellow mashed potato and peas (539 cal)	\$13.48