



# Prep

by KUG

## Macro Menu

Bacon Ranch Chicken Casserole // 1/2 Qt  
C / 21 F / 28 P / 43

Buffalo Chicken Casserole // 1/2 Qt  
C / 21 F / 28 P / 43

Alana Shepherd's Pie // 1/2 Qt  
C / 25 F / 15 P / 32

Chicken Butternut Squash Curry  
C / 57 F / 24 P / 49

Preps NOLA // 1/4 lb  
C / 39 F / 64 P / 15

Momma Mel's Meatballs // 1/4 Qt  
C / 16 F / 22 P / 40

Taco Lasagna // 1/2 Qt  
C / 17 F / 18 P / 34

Preps lasagna w/ Cashew Cheese // 1/2 Qt  
C / 26 F / 17 P / 24

Pizza Casserole // 1/2 Qt  
13 / C F / 6 P / 14

Veggie Loaded Veggie Sauce // Qt  
C / 106 P / 12

Turkey Breakfast Bowl  
C / 52 F / 34 P / 46

BLT Quiche // per serving  
C / 9 F / 18 P / 8

Crab Cakes // per serving  
C / 12 F / 60 P / 9

Butternut Granny Smith Apple Soup // Qt  
C / 78 F / 35 P / 4

Ahi Tuna Dip/Salad // 4oz  
C / 2 F / 7 P / 24

Chef Salad w/ Preps Ranch  
C 11 / F / 36 P / 26

Shrimp Cobb w/ Honey Mustard  
C / 15 / F / 39 P / 34

Chicken Power Salad w/ Dressing  
C / 36 F / 50 P / 15

Preps Classic Chicken Salad // per 4oz  
C / 2 F / 21 P / 18

Coco Bites // per ball  
C / 11 F / 7 P / 4

Almond Flour Cookies // per cookie  
C / 12 F / 11 P / 4

Carrot Cake Muffins  
C / 13 F / 6 P / 2

Brownies  
C / 14 F / 10 P / 3

Lemon Bars // per square  
C / 14 F / 7 P / 2

Thin Mint Cookies // per cookie  
C / 17 F / 10 P / 2

Tahini Balls // per ball  
C / 9 F / 9 P / 3

Pistachio Clusters // per cluster  
C / 9 F / 9 P / 2

Strawberry Muffins // per muffin  
C / 11 F / 12 P / 5

Blueberry Muffins // per muffin  
C / 12 F / 13 P / 6

Carbs / Fat / Protein  
All Units in Grams

All meals are free of dairy, grains, soy.



gluten, added sugar and processed foods.