

Weekly Meal Prep Menu (Rotating)

Week 1

- 1 Rice & Beans
- 2 Stew Chicken
- 3 Fried Plantains
- 4 Legume (vegetables)
- 5 Pikliz

Week 2

- 1 White Rice
- 2 Griot (fried pork)
- 3 Plantains
- 4 Mac & Cheese
- 5 Pikliz

Week 3

- 1 Creole Spaghetti
- 2 Fried Chicken
- 3 Mixed Vegetables
- 4 Bread

Week 4

- 1 Rice & Beans
- 2 Tassot (fried beef)
- 3 Plantains
- 4 Fresh Salad
- 5 Sauce

Menu rotates every 4 weeks. Custom meals available upon request.