

Meal Prepping: Plant-Based Menu: Pick up to Two (2) Entrees for 5-Days (One Entree Per Day): \$70

Menu Options:

- Avocado Corn Salad
- Baked Hawaiian Luau Burger topped w/Pineapple Ring, Lettuce Tomato, pickles and onions
- Savory Sweet Potato Casserole
- Sunday Slow Roast over Fluffy Mashed Potatoes (made w/PB milk)
- Oil-Free Rice and Vegetable Stir Fry
- Mango-Ginger Chickpea Curry over Brown Rice
- Southwest Stuffed Peppers
- Southwest Sweet Potato Skillet
- Chickpea "NonChicken" Salad over Lettuce and WaterCrisp Cracker and Carrots

Cashapp: \$Caterbyilovetocook
Payable by cash upon pick-up or delivery
www.cateringbyilovetocook.com - website
Cateringbyilovetocook@gmail.com - email
202-309-4643 - phone number



Meal Prepping Menu: Pick up to One (1) Main Entree and Two (2) Sides for 5-Days - \$70

Menu Options:

- Grilled or Baked or Jerk Chicken Breast
- Grilled Chicken Garden Salad (no sides)
- Stuffed Chicken w/Spinach and Parmesan Cheese
- Baked Turkey or Chicken Wings (baked or smothered)
- Grilled/Baked/Honey-Glazed Salmon

Sides:

- Seasoned Green Beans
- Stir-Fry Cabbage
- Brussels Sprouts
- Sautéed Asparagus
- Sautéed Spinach
- Assortment of Sautéed Veggies
- Mashed Potatoes
- Mashed Sweet Potatoes

Delivery fee: \$15.00 on all deliveries

Note: No Mixed and Match of Mains dishes or sides.

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