

# Ocean Pacific Fresh Meal Prep

## **Protein Banana Pancakes w/ Chocolate chips \$11**

~650 CALORIES -36G PROTEIN -71G CARBS-17G FAT~

A STACK OF THREE LARGE, FLUFFY PROTEIN PANCAKES SWEETENED WITH FRESH BANANA PURÉE.

SERVED WITH YOUR CHOICE OF MIXED BERRIES OR BLUEBERRIES

## **Steak & Egg scramble \$14/burrito \$8**

SCRAMBLE- 360 CALORIES-41G PROTEIN- 13G CARBS- 20G FAT/

BURRITO-380 CALORIES-25G PROTEIN-25G CARBS-20G FAT~

EGG WHITES PAIRED W/ RED PEPPERS AND ONIONS, ALONGSIDE 6OZ SIRLOIN STEAK OPTION BETWEEN THE SCRAMBLE OR BURRITO

## **Char Grilled Chicken w stir fry veggies 6oz \$12**

~W/ RICE ~ 426 CALORIES- 36G PROTEIN- 48G CARBS- 5 G FAT~

~ W/QUINOA- 444 CALORIES-40G PROTEIN- 42G CARBS- 4 G FAT~

A JUICY CHAR-GRILLED CHICKEN BREAST PAIRED WITH YOUR CHOICE OF WHITE RICE OR QUINOA ASIDE A MEDLEY OF STIR FRY VEGGIES

## **Char Grilled Chicken w stir fry veggies 10oz \$14**

~W/ RICE ~ 515 CALORIES- 57G PROTEIN- 48G CARBS- 11G FAT~

~ W/QUINOA- 532 CALORIES-60G PROTEIN- 42G CARBS- 10G FAT~

A JUICY CHAR-GRILLED CHICKEN BREAST PAIRED WITH YOUR CHOICE OF WHITE RICE OR QUINOA ASIDE A MEDLEY OF STIR FRY VEGGIES

## **Miso Ginger Chicken Stir Fry \$15**

~575 CALORIES - 45 G PROTEIN -53G CARBS-10G FAT~

RICE NOODLES TOPPED WITH CHICKEN, CARROTS, ZUCCHINI, AND RED PEPPERS COVERED IN MISO DRESSING

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## **8oz Sirloin Steak w/ stir fry veggies \$16**

~W/ RICE ~625 CALORIES -53G PROTEIN -48G CARBS-17.5G FAT~

~W/ POTATOES ~605 CALORIES -42G PROTEIN -48G CARBS-9.5G FAT~

8 OUNCES OF GRILLED TOP SIRLOIN ALONGSIDE STIR FRY VEGGIES AND YOUR CHOICE OF RICE OR RED POTATOES

## **Carne Asada Burrito \$15**

~650 CALORIES-38G PROTEIN- 52G CARBS- 32G FAT~

TWO BURRITOS FILLED WITH 8 OZ OF CARNE ASADA, BLACK BEANS, CHEESE AND PICO DE GALLO. DONT FORGET TO GRAB THE GREEN SAUCE THAT TOPS IT OFF.

## **Grilled Chicken Burritos \$14**

~ 525 CALORIES- 45G PROTEIN- 52G CARBS- 19G FAT~

TWO BURRITOS FILLED WITH 8 OZ OF GRILLED CHICKEN, BLACK BEANS, CHEESE AND PICO DE GALLO. DONT FORGET TO GRAB THE GREEN SAUCE THAT TOPS IT OFF.

## **Homestyle Meatloaf \$15**

~665 CALORIES - 58.5 G PROTEIN -41 G CARBS-29G FAT~

MEATLOAF PAIRED WITH MASHED GOLDEN POTATOES AND GREEN BEANS

## **Chicken Parm Spaghetti Squash \$15**

~615 CALORIES-55G PROTEIN- 18G CARBS- 16G FAT~

SPAGHETTIED SQUASH TOPPED WITH AN 8 OZ CHICKEN BREAST, RUSTIC MARINARA MOZZARELLA & PARMESAN CHEESE

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## **Spaghetti Squash \$12**

~441 CALORIES - 41G PROTEIN - 18G CARBS-13G FAT~

SPAGHETTIED SQUASH TOPPED WITH RUSTIC MARINARA AND GROUND  
TURKEY

## **Fish Catch of the day \$15**

DIFFERENT OPTION DAILY

### **Mahi-Mahi**

~ 389 CALORIES- 30G PROTEIN- 62G CARBS- 2G FAT~

MAHI MAHI ALONG SIDE RICE AND STIR FRY VEGGIES

### **Tilapia**

~ 345 CALORIES- 26.5G PROTEIN- 44G CARBS- 7G FAT~

TILAPIA ALONG SIDE RICE AND STIR FRY VEGGIES

### **Halibut**

~ 418 CALORIES- 33G PROTEIN- 62G CARBS- 3.6G FAT~

HALIBUT ALONG SIDE RICE AND STIR FRY VEGGIES

### **Wild Alaskan Salmon**

~ 515 CALORIES- 47G PROTEIN- 48G CARBS- 11G FAT~

WILD ALASKAN SALMON ALONG SIDE RICE AND STIR FRY VEGGIES

### **Cod**

~ 312 CALORIES- 35.5G PROTEIN- 46G CARBS- 4G FAT~

COD ALONG SIDE RICE AND STIR FRY VEGGIES