



(618) 638-3206

<http://www.iwantfoodies.com>

Paducah Meal Prep

PADUCAH MEAL PREP (AVAILABLE EVERY WEEK)

**ALL ORDERS ARE DUE BY
THURSDAY AT 10PM FOR DELIVERY
THE FOLLOWING MONDAY OR
TUESDAY**

CHICKEN BREAST \$8.50

*CHICKEN BREAST, ROASTED
GREEN BEANS, BROWN RICE*

BBQ PULLED PORK LOIN \$8.50

*BBQ PULLED PORK LOIN,
ROASTED SNAP PEAS, MASHED
SWEET POTATOES*

CHEESEBURGER BOWL \$8.50

*90/10 ground beef, oven fries,
tomato, red onion, pickles, ketchup,
mustard & shredded cheese*

ITALIAN BEEF BOWL \$8.50

*shaved roast beef, pickled veg,
brown rice & beef au jus*

FIESTA BOWL \$8.50

*LEAN GROUND TURKEY, CORN,
BLACK BEANS, SUATEED BELL
PEPPERS AND ONIONS,
SHREDDED CHEESE AND GREEN
ONIONS*

Protein French Toast Sticks \$8.50

*Oats, vanilla protein, fresh eggs,
cinnamon, unsweetened applesauce*

SPECIALS

LOW CARB Chicken Parmesan \$8.50

*Italian chicken breast, spaghetti
sauce, spiralized zucchini, shredded
cheese & fresh parsley*

Smoked Turkey Meatloaf \$8.50

*Smoked turkey meatloaf w/ roasted
green beans & mashed potato*