

COOKED KLEAN
COOKDBYKL@GMAIL.COM

SKINNY:

1. *Grilled Chicken Breast with Veggie Medley* **\$11.50 Cal. 398**
 2. *Ground Turkey Burger with Red Cabbage & Pepper Slaw* **\$10.50 Cal. 275**
 3. *Roasted Garlic and Herb Salmon with Zucchini Noodles* **\$12.50 Cal. 385**
 4. *Cauliflower Steak with Red Quinoa & Salsa Verde* **\$10.50 Cal. 325**
 5. *Shrimp Stir Fry with Red & Green Bell Pepper, Carrots & Broccoli* **\$11.00 Cal. 285**
 6. *Jerked Chicken Breast with Grilled Asparagus & Red Onion* **11.50 Cal. 376**
- **Mixed Green Salad with Protein (Choice of Salmon, Chicken, Steak) \$10.00****
w/ Red Wine & Shallot Vinaigrette or Lemon Vinaigrette

CLEAN:

1. *Grilled Chicken with Veggie Medley, Brown Rice & Chimichurri Sauce* **\$12.00 Cal. 475**
2. *Lean Turkey Meatloaf with Cauliflower Mash & Brussel Sprouts* **\$11.00 Cal. 503**
3. *Chipotle Turkey Chili with Brown Rice & Black Bean Salsa* **\$10.50 Cal. 450**
4. *Teriyaki Salmon with Quinoa & Veggie Pilaf* **\$12.50 Cal. 407**
5. *Lemon & Herb Shrimp with Roasted Sweet Potato & Sautéed Broccoli* **\$11.00 Cal. 396**
6. *Soy Marinated Tofu with Spaghetti Squash Noodles and Sautéed Mushrooms* **\$10.00 Cal. 375**
7. *Grilled Portobello Mushroom Burger with Baked Sweet Potato Fries* **\$11.00 Cal. 392**
8. *Veggie Zucchini Lasagna w/ Low Fat Mozzarella & Spaghetti Squash Noodles* **\$12.00 Cal. 432**

BULK:

1. *Korean BBQ Chicken thighs with Sautéed Brown Rice & Diced Veggies* **\$12.00 Cal. 705**
 2. *Veggie Brown Rice Stuffed Bell Peppers with Tomato Jam, Cheese & Roasted Sweet Potato* **\$10.50 Cal. 612**
 3. *Grilled Steak w/ Caramelized Sweet Plantains, Broccoli & Salsa Verde* **\$12.50 Cal. 647**
 4. *Jerked Salmon with Steamed White Rice & Black Bean Salsa* **\$12.50 Cal. 632**
 5. *Gluten Free Penne Alfredo with Grilled Chicken, Carrots & Broccoli* **\$10.50 Cal. 793**
 6. *Turkey Burger on Multigrain Bun with Baked Sweet Potato Fries & Low Fat Chipotle Aioli* **11.50 Cal. 450**
- **Ground Marinated Lean Protein (Choice of Turkey, Chicken or Beef) \$10.00****

VEGAN

Veggie Crumble Chili with Brown Rice & Veggie Medley
Lentils with Brown Rice & Veggie Medley
Spinach Patties with Quinoa & Veggie Pilaf

****5 Meal Minimum Order****