



## SAMPLE Freezer Meal Prep Order

**Date:** 3/27/20

**Name:** John Doe

**Company (if applicable):** N/A

**Phone:** 555-555-5555

**Email:** john.doe06@gmail.com

- All items are at least 1lb vacuum sealed for longevity and delivered frozen. -
- All bags are BPA free, microwaveable, boil-able and freezer safe. -
- Above menu is for 30-45 days with a household of 2 occupants with Lunch and Dinner. -
- Menu can be customized to fit any dietary wants and needs, JUST ASK! -

<u>Items</u>	<u>Price</u>	<u>Quantity</u>	<u>Subtotal</u>
<u>Protein</u>			
BBQ chicken thighs (cut)	\$12	8	\$96
Grilled Chicken breast (4)	\$12	12	\$144
Grilled Salmon (3)	\$22	8	\$176
Ground Beef	\$12	10	\$120
Teriyaki chicken thighs (cut)	\$12	8	\$96
Tri tip Steaks (2)	\$20	8	\$160
<u>Sides</u>			
Black Beans	\$7	8	\$56
Penne Marinara (2lbs)	\$10	12	\$120
Roasted Red Potatoes	\$7	12	\$84
White Rice	\$6	12	\$72
<u>Veggie</u>			
Roasted Carrots	\$7	12	\$84
Steamed Broccoli	\$7	12	\$84
<u>Miscellaneous</u>			
2.5 Inch Slider Buns	\$.50	108	\$54
8 inch Tortillas	\$.40	50	\$20
Shredded Jack/Cheddar Cheese 1lb	\$6	5	\$30
Pesto Sauce	\$10	3	\$30
BBQ Sauce	\$10	3	\$30
Thai Peanut Sauce	\$12	2	\$24
Soy Sauce	\$8	3	\$24
Total Food Cost			\$1504
7 Cubic Foot Freezer with Delivery and Set-up			\$500
Tax			\$185

**Total: \$2189**