

CORRADO'S POWER MEAL PREP MENU

PICK-UP ONLY

\$7.99 PER MEAL

3 MEALS (\$22.99)

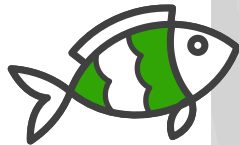
5 MEALS (\$36.99)

10 MEALS (\$71.99)

CHOOSE

1 PROTEIN

- CHICKEN (B) (G) (R)
- TILAPIA/BASA (B)
- EYE ROUND STEAK (G)
- GROUND TURKEY (G)
- SHRIMP (G) ADD \$3.00
- SALMON (B) ADD \$3.00
- CUBED TOFU STIR FRY (WITH MIXED VEGETABLES)
- BLACK BEAN BURGER (NO BUN)



+

2 SIDES

- BROCCOLI (STEAMED)
- SPINACH (SAUTEED)
- STRING BEANS (STEAMED)
- BROWN RICE / WHITE RICE
- SWEET POTATO
- BAKED POTATO
- CAULIFLOWER (STEAMED)
- ROSEMARY ROASTED POTATOES



(B) BAKED (G) GRILLED (R) ROASTED

EXTRAS

- ASPARAGUS \$4.00
- BROCCOLI RABE \$4.00
- GRILLED VEGGIES \$4.00
- MASHED SWEET POTATO \$4.00
- WHOLE WHEAT PASTA SALAD \$2.50
- TURKEY MEATBALL \$3.00
- BLACK BEANS W/ RED ONION & CILANTRO \$2.50



TIP:



MEALS PREPARED FOR YOUR WORKOUTS!



All orders must be placed 48 hours in advance from desired pick up time
Call today to place your order, or stop in any of our markets located below.

CLIFTON

1578 Main Avenue
973.340.0628

DENVILLE

3130 Route 10 West
973.366.3431

FAIRFIELD

480 Route 46 East
973.808.0400

NORTH ARLINGTON

45 River Road
201.772.5126

WAYNE

201 Berdan Avenue
973.646.2199



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*ALL ITEMS SUBJECT TO AVAILABILITY