



# CORRADO'S POWER MEAL PREP MENU

PICK-UP ONLY

## CHOOSE

**10% off**

When you order  
5 or more meals!

### 1 PROTEIN

- CHICKEN (B) (G) (R)
- TILAPIA/BASA (B)
- BLACK BEAN BURGER
- GROUND TURKEY (G)
- SHRIMP (G)
- SALMON (B)
- CUBED TOFU STIR FRY  
(WITH MIXED VEGETABLES)
- EYE ROUND STEAK (G)

**\$10.99**

**\$12.99**

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

+

### 2 SIDES



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



### 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

**FAIRFIELD**  
480 Route 46 East  
973.808.0400



**CORRADOSMARKET.COM**

**@corradosmarket #CorradosPowerMeal**

\*ALL ITEMS SUBJECT TO AVAILABILITY