SPICE LIFE CUISINE

MEAL PREP MENU

ENTREES

Chicken

Roasted Chicken & Vegetables

Roasted chicken breast with roasted broccoli. Side of mashed sweet potato and honey glazed ginger beets.

Calories: 461kcal Carbohydrates: 40g Protein: 32g Fat: 5g Sodium: 100mg Fiber: 9g

Korean Chicken Rice Bowl

Chicken breast marinated in Korean BBQ sauce. White rice, roasted honey ginger glazed carrots, pickled cucumbers. Finished with Korean BBQ sauce

Calories: 580kcal Carbohydrates: 70g Protein: 38g Fat: 14g Sodium: 400mg Fiber: 4g

Greek Chicken Bowl

Grilled Greek seasoned chicken with cucumber, tomato, kalamata olive and feta salad served over white rice and finished with tzatziki sauce.

Calories: 550kcal Carbohydrates: 55g Protein: 42g Fat: 16g Sodium: 500mg Fiber: 3g

Curry Chicken & Rice

Curried chicken breast with spiced chickpeas, roasted broccoli served over white rice

Beef

Korean Beef Rice Bowl

Steak marinated in Korean BBQ with white rice, honey glazed ginger carrots and pickled cucumbers. Finished with Korean BBQ sauce.

Calories: 512kcal Carbohydrates: 28g Protein: 39g Fat: 8g Sodium: 180mg Fiber: 20g

Mongolian Beef & Broccoli

Marinated beef pan-seared with broccoli and stir fry noodles finished with fresh chives and Korean BBQ sauce.

Calories: 520kcal Carbohydrates: 30g Protein: 35g Fat: 15g Sodium: 160mg Fiber: 20g

Seafood

Shrimp & Veggie Stir Fry

Pan seared shrimp with stir fried noodles, mushroom, broccoli and carrot. Soy sauce, ginger and garlic sauce.

Calories: 480kcal Carbohydrates: 35g Protein: 26g Fat: 8 Sodium: 100mg Fiber: 4g

Vegetarian

Roasted Cauliflower Taco Bowl

Roasted cauliflower, corn salsa, black beans, marinated tomato. Served over white rice with fried plantain and a sweet cilantro dressing.

Calories: 430kcal Carbohydrates: 20g Protein: 10g Fat: 5g Sodium: 130mg Fiber: 0g

Calypso Eggplant

Calypso is a vibrant Caribbean sauteed red sauce with tomato, carrot, cucumber and bell pepper. We add tender eggplant and serve with stew peas, quinoa and sweet cilantro dressing.

Calories: 420kcal Carbohydrates: 18g Protein: 22g Fat: 3 Sodium: 60mg Fiber: 13g

Chickpea Salad

Lettuce, Caribbean pickled cucumbers, tomato, red onion, roasted chickpeas, low fat white garlic sauce. Add chicken, shrimp or beef

Calories: 400 kcal Carbohydrates: 20g Protein: 10g Fat: 3g Sodium: 100mg Fiber: 3g

SOUPS

Chicken Noodle

Pulled chicken breast, vegetables, noodles, herbed broth

Classic Chili

Beef, beans, tomato, pepper, cumin, smoked paprika

Corn Chowder (Caribbean twist)

Corn on the cob, yellow split peas, carrot, potato, dumplings, thyme, sweet seasoning pepper, coconut milk

Tomato Basil

SNACKS, SIDES & ADD ONS

Baked Goods

Muffins and Loaves – banana nut, blueberry, apple cinnamon, pumpkin, fall spiced

Bars (oat based) – pumpkin & choco chip, fruit and nut, peanut butter

Protein Balls – peanut butter & choco chip, chocolate coconut,

Salsas

Pico de gallo

Pineapple salsa

Corn and black bean salsa

Potatoes and Rice

Roasted potatoes w/ garlic, rosemary

Roasted sweet potatoes w/ garlic, paprika

Mashed potatoes w/ garlic

Smashed potatoes w/ garlic, herb olive oil, sea salt

El Diablo rice – white rice w/ finely diced mushroom, seasoning pepper and carrot

Mushroom rice pilaf

Coconut rice & peas – white rice w/ pigeon peas

Steamed jasmine rice

Vegetable Sides

Roasted broccoli w/ garlic

Roasted beets

Honey glazed carrots

Balsamic roasted brussel sprouts

Roasted fall vegetable medley