



Performance Prepared Meals

Menu for week of April 6 to April 12

Paleo & Balanced Options

Beef Broccoli Stir-fry
with Brown Rice

Jerk Chicken with
Brown Rice and
Roasted Cauliflower

Bacon Wrapped
Tenderloin with
Brussel Sprouts

Superfood Salad with
Grilled Chicken

Keto Options

Chicken Parmesan
with Grilled Veggies

Roast Beef with
Mushroom Gravy and
Cauliflower Mash and
Green Beans

Lemon Butter White
Fish with Cauliflower
Rice and Grilled
Asparagus Spears

Stuffed Chicken Breast
with Roasted Radish
and Broccoli

Vegetarian Options

Lentil and Bean
Stuffed Zucchini

Black Bean Burrito

Note that menu selections change each week. Check our website at www.HealthyNow.ca/mealpreparation for each week's menu



Meal Plan Pricing

Portion Sizes	5 Day Plan Retail Price	7 Day Plan Retail Price	30 Day Plan Retail Price
1 Small and 1 Standard per day	\$140.00	\$196.00	\$798.00
1 Standard and 1 Large per day	\$165.00	\$231.00	\$940.50
1 Standard per day	\$75.00	\$105.00	\$427.50
1 Large per day	\$90.00	\$126.00	\$513.00

HealthyNow's Meal Plans are family friendly! Add the quantity of Toddler, Child, Standard or Large portions you wish, on the meals you wish:

Dinner Add-on Portion Size	Price per Portion
Toddler portion, each	\$5.00
Child portion, each	\$10.00
Standard portion, each	\$15.00
Large portion, each	\$18.00

To order, or for more information contact Christine at 647-210-0047 or at Info@HealthyNow.ca. Check us out at www.HealthyNow.ca, www.Facebook.com/HealthyNow40, or www.Instagram.com/HealthyNow_40