



Healthy Now

MEAL PREP • JUICES • CATERING

Performance Prepared Meals Menu for delivery **April 11**

Balanced Options

- 1: Maple mustard turkey burger with sweet potato fries
- 2: HealthyNow chicken teriyaki bowl with a: brown rice or b: quinoa
- 3: Korean beef bowl with brown rice
- 4: Chicken fajita bowl with brown rice

- 5: Jerk chicken with brown rice and collard greens

Low Carb Options

- 6: Salmon cob salad
- 7: HealthyNow chicken teriyaki bowl with veggies
- 8: Korean beef bowl with cauliflower rice

- 9: chicken fajita bowl with cauliflower rice
- 10: Jerk chicken with collard greens & cauliflower rice
- 11: Salmon balls with lemon dill balls with zucchini pasta

Vegetarian Options

- 12: Korean bowl with tofu

Plan	5 Day Plan	7 Day Plan
1 Standard per Day	\$75.00	\$105.00
1 Large per Day	\$90.00	\$126.00
2 standard meals per day	\$150.00	\$210.00
1 standard & 1 large meal per day	\$165.00	\$231.00
2 large meals per day	\$180.00	\$252.00

HST will be added to final price. A small weekly delivery charge may apply.

Ask us about our breakfasts add-ons!

To order, or for more info contact

Christine at 647-210-0047 or Christine@HealthyNow.ca

See our meals macros on the other side



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Meals Macros

1: Maple mustard turkey burger with sweet potato fries	Small	Standard	Large
Calories, in grams	370	493	563
Fat, in grams	11	14	16
Protein, in grams	23	30	34
Carbs, in grams	29	39	45

2: HealthyNow chicken teriyaki bowl with brown rice	Small	Standard	Large
Calories, in grams	471	628	718
Fat, in grams	16	21	24
Protein, in grams	23	30	34
Carbs, in grams	42	56	64

2: HealthyNow chicken teriyaki bowl with quinoa	Small	Standard	Large
Calories, in grams	482	642	734
Fat, in grams	16	21	24
Protein, in grams	29	39	45
Carbs, in grams	47	62	71

3: Korean beef bowl with brown rice	Small	Standard	Large
Calories, in grams	488	650	743
Fat, in grams	42	56	64
Protein, in grams	31	41	47
Carbs, in grams	41	54.5	62

4: Chicken fajita bowl with brown rice	Small	Standard	Large
Calories, in grams	473	630	720
Fat, in grams	17	23	26
Protein, in grams	37	49	56
Carbs, in grams	40	53	61

5: Jerk chicken with brown rice and collard greens	Small	Standard	Large
Calories, in grams	397	529	605
Fat, in grams	6	8	9
Protein, in grams	32	42	48
Carbs, in grams	35	46	53

6: Salmon cob salad	Small	Standard	Large
Calories, in grams	373	497	568
Fat, in grams	34	45	51
Protein, in grams	29	38	43
Carbs, in grams	7	9	10

7: HealthyNow chicken teriyaki bowl with veggies	Small	Standard	Large
Calories, in grams	365	487	557
Fat, in grams	16	21	24
Protein, in grams	23	30	34
Carbs, in grams	4	5	6

8: Korean beef bowl with cauliflower rice	Small	Standard	Large
Calories, in grams	375	500	571
Fat, in grams	38	50	57
Protein, in grams	31	41	47
Carbs, in grams	8	10	11

9: chicken fajita bowl with cauliflower rice	Small	Standard	Large
Calories, in grams	389	519	593
Fat, in grams	17	23	26
Protein, in grams	37	49	56
Carbs, in grams	7	9	10

10: Jerk chicken with collard greens & cauliflower rice	Small	Standard	Large
Calories, in grams	308	410	469
Fat, in grams	6	8	9
Protein, in grams	32	42	48
Carbs, in grams	5	6	7

11: Salmon balls with lemon dill balls with zucchini pasta	Small	Standard	Large
Calories, in grams	383	510	583
Fat, in grams	24	32	37
Protein, in grams	29	38	43
Carbs, in grams	5	7	8

12: Korean bowl with tofu	Small	Standard	Large
Calories, in grams	394	525	600
Fat, in grams	11	15	17
Protein, in grams	29	39	45
Carbs, in grams	42	56	64