

POWER TO GO

Southwest beef bowl

Grass fed beef with a blend of southwest spices, peppers and onion. Served over jasmine rice with roasted mixed veggies.

Chicken kebob and couscous

Marinated chicken kebobs over a bed of couscous rice and a side salad

Salmon and quinoa with roasted veggies

Rich salmon, protein-packed quinoa and lots of vegetables with a maple lemon dressing

Southwestern Vegan Bowl

A hearty bowl filled with black beans, avocados, quinoa, corn, fresh tomatoes, low fat cheese and nutritious avocado cream dressing

California chicken bowls

Slow cooked chicken, with quinoa, avocados, crumbled feta and corn

Honey siracha chicken bowls

Honey siracha chicken over a bed of jasmine rice with fresh steamed broccoli



Meal Prep catered to all your health needs. Grab a freshly made meal, packed with high proteins, low carbs and fats for a delicious and nutritious balanced meal.

Powered by Sainatos

(216) 772-4400

1852 COLUMBUS RD, CLEVELAND, OH 44113

Protein cookies and smoothies

Protein smoothies

Strawberry Banana

Caffe Latte

Salted Caramel

Peanut Butter Chocolate

Protein cookies

Peanut butter with chocolate chips

Oatmeal chocolate chip

Apple cinnamon

