



Sip Meal Prep – Ingredients List

All meals are made fresh by Chef Carly Sparkles using whole, high-quality ingredients. Each meal is dated, labeled with calories and protein content, and designed to be reheated and enjoyed at home.

■ **Pork Eggroll in a Bowl**

Carrots, daikon, white vinegar, red pepper flakes, sugar, salt, ground pork, coconut aminos, sesame oil, garlic, cabbage, black pepper, snow peas, cauliflower, eggs, corn, onion, ginger, green onion, olive oil.

■ **Banza “Ziti”**

Ground beef, salt, pepper, oregano, ricotta cheese, nutmeg, mozzarella, salad mix, balsamic vinegar, olive oil, sugar, basil, tomato, garlic.

■ **Grilled Salmon Bowl**

Salmon, salt, pepper, parsley, cilantro, red onion, lemon, garlic, sweet potato, beets, nutmeg, quinoa, olive oil, dill, onion.

■ **Chicken Adobo**

Chicken, broccoli, coconut aminos, vinegar, black pepper, sweet potato, olive oil, ginger, green onion, salt.

■ **Burrito Bowl**

Chicken, quinoa, salt, tomatoes, jalapeño, onion, cilantro, lime, black pepper, cumin, paprika, chili powder, black beans, salad mix, Greek yogurt, cheese blend.

■ **Turkey Souvlaki Bowl**

Ground turkey, lemon, olive oil, oregano, garlic salt, eggs, zucchini, onion, olives, Greek yogurt, basil, cauliflower.