



Sip Meal Prep Menu

Created by Chef Carly Sparkles — Fresh, Balanced & Ready to Reheat

Weekly Meal Options

- \$15 Burrito Bowl — 576 cal | 37g protein**
Chicken, quinoa, Greek yogurt, cheddar & fresh salsa
- \$17 Turkey Souvlaki Meatballs — 480 cal | 34g protein**
Zucchini, onions, olives & lemon basil cauliflower rice
- \$17 Pork Eggroll in a Bowl — 470 cal | 30g protein**
Savory cabbage blend & Asian-inspired seasoning
- \$16 Chicken Adobo — 400 cal | 30g protein**
Broccoli & ginger-infused sweet potatoes
- \$23 Grilled Salmon — 540 cal | 35g protein**
Chimichurri, roasted sweet potato, beets & herbed quinoa
- \$19 Banza “Ziti” — 529 cal | 38g protein**
Protein pasta, ground beef, marinara, ricotta, mozzarella & side salad

Protein Swap Options

Customize your meal with your choice of protein: Chicken, Steak, Ground Turkey, Ground Beef, or Salmon. *Note: Prices and nutritional values will vary based on substitutions.*

Order Form

Meal Selection: _____

Protein Choice: _____

Quantity: _____ Price: _____

Healthy, fresh, and made locally at Sip — the perfect choice for busy people on the go.