

Sweet Utopia

MEAL PREP ORDER FORM

CLIENT INFORMATION:

Name: _____ Company: _____

Address: _____

Phone: _____ Email: _____ Website: _____

PRICING:

Breakfast:

Three (3) Meals = \$ 25.00

Six (6) Meals = \$50.00

Entrees:

Six (6) Meals = \$ 60.00

Twelve (12) Meals = \$120.00

Eighteen (18) Meals = \$180.00

FEATURED MENU:

::: Breakfast Options :::

1. Vegan Breakfast Skillet

Skillet featuring onions, russet potatoes, spinach, roasted red peppers, mushrooms and parsley.

2. Vegan Blueberry Muffin with Fruit Cup

Muffin made from whole-wheat flour and fresh blueberries along side seasonal fruit.

3. Vegan Smoothie Bowl

Smoothie bowl with coconut milk, chia seeds, berries, pineapples and bananas.



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FEATURED MENU: (Cont.)

::: Lunch and Dinner Entrees :::

- 1. Coconut Curry Whole Grain Rice and Vegetables**
Stir fry featuring snow peas, mushrooms, broccoli, carrots and whole grain rice.
- 2. Garlic Grilled Portobello Mushrooms**
Garlic infused portobello mushrooms served with couscous and broccoli and squash.
- 3. Roasted Veggie Buddha Bowls with Pesto**
Buddha bowl with whole grain rice, chickpeas, cauliflower, brussels sprouts, roasted squash, zucchini and onions.
- 4. Healthy, Hearty Kale Salad**
Salad with kale, chickpeas, fennel, quinoa and vinaigrette made with fresh oranges.
- 5. Mexican Zucchini Burrito Boats**
Burrito boats with black beans, tomatoes, whole grain rice and vegan cheese.

::: Desserts :::

- 1. Vegan Chocolate Cake**
Healthier, vegan version of the classic homemade chocolate cake.
- 2. Blueberry Cream Cheese Cobbler**
Classic cobbler featuring a delicious homemade blueberry filling topped with sweetened creamed cheese.
- 3. Flavored Mousse**
Your choice of Strawberry, French Vanilla, Chocolate or Peanut Butter.

INSTRUCTIONS:

1. Email this completed order form by 11:59 p.m. on Fridays to: sweetutopiaatl@gmail.com
Note: Be sure to indicate any food allergies in your email.
2. Make payment via **PayPal (paypal.me/erikayperry)** or **CashApp (404-840-1935)**
3. Receive email confirming order
4. Pick up your order between 5:00– 6:00 p.m. on Sundays at Pure Energy Fitness:

*Pure Energy Fitness
1115 Powder Springs St, Suite I
Marietta, GA 30064*

5. Reheat and Enjoy!



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