



Meal Prep Group

NUTRITIOUS • DELICIOUS • MADE FOR YOU

Meal Options

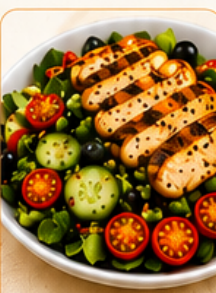
FRESH QUALITY HOME COOKED



ALL STANDARD MEALS

£30 PER MEAL

All meals are freshly prepared by our recommended chef using quality, fresh ingredients.



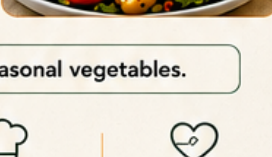
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CHICKEN & MEAT DISHES
1. Peri-Peri Chicken – with vegetable rice 🌶️🌶️
 2. Cajun Chicken – with mushroom & spinach creamy pasta 🌶️
 3. Jerk Chicken – with rice & peas 🌶️
 4. Teriyaki Chicken – with vegetable rice 🌶️
 5. Smoky BBQ Chicken – with vegetable rice 🌶️
 6. Smoked Paprika Chicken – with lentils & rice 🌶️
 7. Chicken Curry – with basmati rice 🌶️
 8. Chicken & Prawns Curry – with basmati rice 🌶️
 9. Chicken in Black Bean Sauce – with vegetable rice 🌶️
 10. Chicken & Rice Fusion 🌶️
 11. Chicken & Sweet Potato 🌶️
 12. Butter & Garlic Chicken – with cherry tomato & mushroom pesto pasta 🌶️
 13. Korean Sticky Chicken Bites – with vegetable rice 🌶️🌶️🌶️
 14. Spicy Korean Beef Mince – with vegetable rice 🌶️🌶️
 15. Beef Meatballs – with tomato pasta & cheese 🌶️
 16. Beef Pasta Bake
 17. Chinese-Style Beef Strips – with vegetable rice 🌶️
 18. Beef in Black Bean Sauce – with vegetable rice 🌶️



PREMIUM OPTIONS

PREMIUM MEALS ARE AN ADDITIONAL £10 PER MEAL (TOTAL £40).

● Cod Loin (9oz) – with sweet potato, creamy pasta or vegetable rice	£40	
● Sea Bass – with vegetable rice	£40	
● Ribeye Steak (10oz) – with sweet potato or vegetable rice	£40	
● Fillet Steak (8oz) – with sweet potato or vegetable rice	£40	



All meals are served with seasonal vegetables.



FRESH INGREDIENTS
Sourced with care



GLUTEN FREE SALAD INCLUDED
With every meal



PREPARED BY OUR RECOMMENDED CHEF
Made with passion



NUTRITIOUS & SATISFYING
Good food, great care

NOURISHING FOOD. BEAUTIFULLY PREPARED. MADE FOR YOU.



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6 GLUTEN FREE SALAD RECIPES

Made with wholesome ingredients: buckwheat, quinoa, lentils, rice, and fresh veggies & herbs.

1. BUCKWHEAT & BEETROOT SALAD



INGREDIENTS • Buckwheat • Beetroot • Cucumber • Tomatoes • Red onion • Parsley • Spices (cumin, chili flakes) • Salt & pepper	DRESSING • Olive oil • Lemon juice • Dijon mustard • Garlic • Salt & pepper
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GLUTEN FREE

2. QUINOA & LENTIL POWER SALAD



INGREDIENTS • Quinoa • Green or brown lentils • Cucumber • Tomatoes • Red onion • Coriander • Olives • Spices (cumin, coriander) • Salt & pepper	DRESSING • Olive oil • Lemon juice • Balsamic vinegar • Garlic • Salt & pepper
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GLUTEN FREE

3. RICE & BUTTER BEAN SALAD



INGREDIENTS • Brown rice • Butter beans • Cucumber • Tomatoes • Red & yellow peppers • Red onion • Parsley • Coriander • Olives • Spices (paprika, cumin) • Salt & pepper	DRESSING • Olive oil • Lemon juice • Apple cider vinegar • Garlic • Salt & pepper
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GLUTEN FREE

4. BEETROOT, LENTIL & QUINOA SALAD



INGREDIENTS • Quinoa • Lentils • Beetroot • Cucumber • Tomatoes • Red onion • Coriander • Olives • Spices (sumac, cumin) • Salt & pepper	DRESSING • Olive oil • Lemon juice • Pomegranate molasses • Garlic • Salt & pepper
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GLUTEN FREE

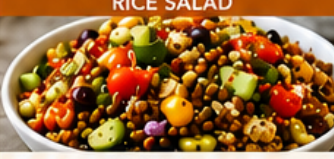
5. MEDITERRANEAN BUCKWHEAT SALAD



INGREDIENTS • Buckwheat • Cucumber • Tomatoes • Red & yellow peppers • Red onion • Parsley • Coriander • Olives • Spices (oregano, cumin) • Salt & pepper	DRESSING • Olive oil • Lemon juice • Red wine vinegar • Garlic • Salt & pepper
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GLUTEN FREE

6. SPICED LENTIL & RICE SALAD



INGREDIENTS • Brown rice • Lentils • Cucumber • Red & yellow peppers • Red onion • Parsley • Coriander • Olives • Spices (cumin, paprika, chili flakes) • Salt & pepper	DRESSING • Olive oil • Lemon juice • Tahini • Garlic • Salt & pepper
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GLUTEN FREE



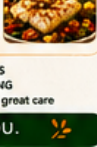
SEAFOOD OPTIONS

1. Sea Bass – with vegetable rice 
2. Poached Salmon Fillet – with mushroom & spinach creamy pasta or vegetable rice 
3. Teriyaki Salmon Fillet – with sweet potato, vegetable rice, or both 



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