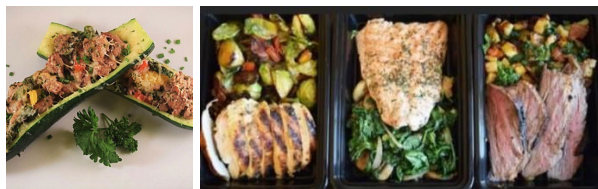



We Build Champions Food Plan

IN ASSOCIATION WITH
Prepped To Plate



OUR GOAL is to CREATE FOOD that
RESTORES,
REPLENISHES, and REVIVES.
PREPPED in OUR KITCHEN, READY
for YOUR PLATE.



 www.wbcwebuildchampions.com

 www.preppedtoplate.com



MENU

Meals

- Honey Glazed Salmon and Stewed Squash
- Italian Ground Turkey Stuffed Zucchini
- Grilled Tri Tip and Sweet Potato Kale Hash
- Blackened Chicken and Kale Quinoa Bowl
- Balsamic Chicken and Sauteed Vegetable Medley
- Veggie Stuffed Portobello Mushroom

Snacks

- Quinoa and Black Bean Lettuce Cups
- Lettuce Wrapped Turkey Sliders (2)
- Fruit Cup
- Kale Salad w/ Vinaigrette

A La Carte

- Meals \$14
- Snacks \$7.50

Packages

- 3 Meals \$36
- 3 Meals + snack \$42.50
- Additional Snacks on 3 meal plan \$6.50

- 5 Meals \$55
- 5 Meals + snack \$60.50
- Additional Snacks on 5 meal plan \$5.50

**PRICES VALID ONLY IF ORDERED THROUGH
WBC We Build Champions**

 **Coach Mitchell (310) 296-5624**