

# PEACE BY PIECE NUTRITION

HEALTHFUL EATING MADE SIMPLE 

## REGULAR SIZE MEALS

*(feeds 3-4 people)*

### CHICKEN:

QTY	DESCRIPTION	PRICE
	BBQ CHICKEN ROTINI	\$25.99
	BBQ CHICKEN & SWEET POTATO BAKE	\$32.99
	CHICKEN A LA KING	\$25.99
	CHICKEN ALFREDO LASAGNA	\$32.99
	CHICKEN BACON RANCH POTATOES	\$32.99
	CHICKEN CURRY & RICE	\$32.99
	CHICKEN POT PIE	\$25.99
	CHICKEN STIR-FRY WITH RICE	\$25.99
	CHICKEN SWEET POTATO SKILLET	\$25.99
	CHICKEN BROCCOLI & RICE BAKE	\$32.99
	DIJON CHICKEN PENNE	\$32.99
	DIJON CHICKEN STEW	\$32.99
	FIESTA CHICKEN & RICE	\$25.99
	PEANUT CHICKEN LO MEIN	\$25.99
	GREEK PASTA BAKE	\$25.99
	SPINACH, CHICKEN, RICOTTA ROTINI	\$32.99
	STICKY SESAME CHICKEN WITH RICE	\$32.99
	CHEESY CHICKEN & RICE	\$32.99
	CHICKEN FETTUCINE ALFREDO	\$32.99

### BEEF:

QTY	DESCRIPTION	PRICE
	BEEF & BEAN ENCHILADA	\$25.99
	BEEF & BROCCOLI WITH RICE	\$32.99
	CHILI MAC	\$25.99
	CLASSIC LASAGNA	\$32.99
	EGG ROLL IN A BOWL WITH RICE	\$25.99
	GREEK MEATBALLS & RICE	\$32.99
	HAWAIIAN MEATBALLS & RICE	\$32.99
	LAZY CABBAGE ROLLS	\$25.99
	MEATLOAF MEAL	\$32.99
	PASTA MEATBALL STEW	\$32.99
	PHILLY CHEESESTEAK PASTA	\$32.99
	PIZZA PASTA	\$32.99
	SHEPHERD'S PIE	\$32.99
	STUFFED PEPPER CASSEROLE	\$32.99
	TACO LASAGNA	\$32.99

	TACO PENNE	\$25.99
	CREAMY BAKED SPAGHETTI	\$32.99

PORK:

QTY	DESCRIPTION	PRICE
	HAM MAC N' CHEESE	\$25.99
	CHIPOTLE BACON PENNE	\$32.99
	CUBAN SAUSAGE & RICE	\$32.99
	HARVEST PORK PASTA BAKE	\$32.99
	ITALIAN SAUSAGE PENNE	\$25.99
	JAMBALAYA	\$32.99
	PINEAPPLE FRIED RICE	\$25.99
	SCALLOPED HAM & POTATOES	\$25.99
	SMOKED SAUSAGE SKILLET	\$32.99

VEGETARIAN:

QTY	DESCRIPTION	PRICE
	BBQ SWEET POTATO BOWLS	\$32.99
	CHICKPEA, TOMATO, & SPINACH CURRY	\$32.99
	CAULIFLOWER & POTATO CURRY	\$32.99
	STICKY SESAME CHICKPEAS	\$32.99
	VEGGIE JAMBALAYA	\$32.99
	VEGGIE SWEET POTATO STEW	\$32.99
	BLACK BEAN & SPINACH ENCHILADAS	\$32.99

LOW CARB:

QTY	DESCRIPTION	PRICE
	BEEF & BROCCOLI	\$34.99
	CHICKEN BACON RANCH VEGGIE BAKE	\$34.99
	CHICKEN CAULIFLOWER CURRY	\$34.99
	CHICKEN STIR-FRY	\$34.99
	EGG ROLL IN A BOWL	\$34.99
	GREEK MEATBALL VEGGIE BAKE	\$34.99
	LASAGNA ZUCCHINI BOATS	\$34.99
	MEATLOAF, GREEN BEANS, & DILL CARROTS	\$34.99
	PEANUT CHICKEN & VEGGIES	\$34.99
	PIZZA ZUCCHINI BAKE	\$34.99
	ITALIAN SAUSAGE & VEGGIE BAKE	\$34.99

## SALADS & SIDES

### SALADS:

QTY	DESCRIPTION	PRICE
	CRANBERRY APPLE QUINOA SALAD	\$15.99
	CRUNCHY BROCCOLI SALAD	\$15.99
	GREEK PASTA SALAD	\$15.99
	GREEK SALAD	\$9.99
	MEXICAN MACARONI SALAD	\$15.99
	POTATO SALAD	\$15.99
	SUMMER CORN SALAD	\$15.99
	THAI PASTA SALAD	\$15.99
	THAI PEANUT SALAD	\$9.99
	TOSSED SALAD	\$9.99
	BRUSCHETTA PASTA SALAD	\$15.99

### EGG BITES:

QTY	DESCRIPTION	PRICE
	CLASSIC (4 PACK)	\$9.99
	CLASSIC (12 PACK)	\$29.99
	JALAPENO CHEDDAR (4 PACK)	\$9.99
	JALAPENO CHEDDAR (12 PACK)	\$29.99
	SPINACH, MOZZA, & TOMATO (4 PACK)	\$9.99
	SPINACH, MOZZA, & TOMATO (12 PACK)	\$29.99

### SAVORY ROLLS:

QTY	DESCRIPTION	PRICE
	MUSHROOM PIZZA ROLLS (4 PACK)	\$9.99
	MUSHROOM PIZZA ROLLS (12 PACK)	\$27.99
	BBQ CHICKEN PIZZA ROLLS (4 PACK)	\$9.99
	BBQ CHICKEN PIZZA ROLLS (12 PACK)	\$27.99

### SAVORY TREATS:

QTY	DESCRIPTION	PRICE
	PEPPERONI PIZZA MUFFINS (6 PACK)	\$10.99
	FETA & SPINACH MUFFINS (12 PACK)	\$19.99
	QUINOA PIZZA BITES (6 PACK)	\$13.99
	QUINOA PIZZA BITES (12 PACK)	\$26.99

# SWEETS

## MUFFINS:

QTY	DESCRIPTION	PRICE
	BANANA CHOCOLATE CHIP (6 PACK)	\$6.99
	BANANA CHOCOLATE CHIP (12 PACK)	\$12.99
	CHOCOLATE ZUCCHINI (6 PACK)	\$6.99
	CHOCOLATE ZUCCHINI (12 PACK)	\$12.99
	LEMON BLUEBERRY (6 PACK)	\$6.99
	LEMON BLUEBERRY (12 PACK)	\$12.99

	PUMPKIN SPICE (6 PACK)	\$6.99
	PUMPKIN SPICE (12 PACK)	\$12.99
	RAISIN BRAN (6 PACK)	\$6.99
	RAISIN BRAN (12 PACK)	\$12.99
	SPICED CARROT (6 PACK)	\$6.99
	SPICED CARROT (12 PACK)	\$12.99
	LEMON POPPY SEED (6 PACK)	\$6.99
	LEMON POPPY SEED (12 PACK)	\$12.99
	PEANUT BUTTER & JAM (6 PACK)	\$6.99
	PEANUT BUTTER & JAM (12 PACK)	\$12.99
	APPLE STREUSEL (6 PACK)	\$6.99
	APPLE STREUSEL (12 PACK)	\$12.99

## CINNAMON BUNS:

QTY	DESCRIPTION	PRICE
	CLASSIC (6 PACK)	\$12.99
	CLASSIC (12 PACK)	\$23.99
	BLUEBERRY (6 PACK)	\$12.99
	BLUEBERRY (12 PACK)	\$23.99

## DESSERT BARS:

QTY	DESCRIPTION	PRICE
	AMPED-UP RICE KRISPIE TREATS (6 PACK)	\$7.99
	AMPED-UP RICE KRISPIE TREATS (12 PACK)	\$14.99
	BLUEBERRY CRUMB BARS (6 PACK)	\$7.99
	BLUEBERRY CRUMB BARS (12 PACK)	\$14.99
	CARROT CHEESECAKE BARS (6 PACK)	\$7.99
	CARROT CHEESECAKE BARS (12 PACK)	\$14.99
	PEANUT BUTTER GRANOLA BARS (6 PACK)	\$7.99
	PEANUT BUTTER GRANOLA BARS (12 PACK)	\$14.99

## DELUXE DESSERT BARS:

QTY	DESCRIPTION	PRICE
	APPLE PEANUT BUTTER SQUARES (6 PACK)	\$12.99
	APPLE PEANUT BUTTER SQUARES (12 PACK)	\$23.99
	GINGERBREAD BROWNIES (6 PACK)	\$12.99
	GINGERBREAD BROWNIES (12 PACK)	\$23.99
	SWEET POTATO BROWNIES (6 PACK)	\$12.99
	SWEET POTATO BROWNIES (12 PACK)	\$23.99

## COOKIES:

QTY	DESCRIPTION	PRICE
	CHUNKY CARROT APPLE COOKIES (12 PACK)	\$14.99
	PEANUT BUTTER COOKIES (12 PACK)	\$14.99

## OTHER SWEET TREATS:

QTY	DESCRIPTION	PRICE
	APPLE ENCHILADAS (6 PACK)	\$29.99
	APPLE PIE	\$20.99
	PEANUT BUTTER & CHOCOLATE ENERGY BITES (12 PACK)	\$8.99
	PEANUT BUTTER & CHOCOLATE ENERGY BITES (24 PACK)	\$14.99

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*ALL MEALS CAN BE MADE IN A HALF-SIZE (FEEDS 2) OR A LARGER SIZE (FEEDS 6-8)*

*GLUTEN FREE? NO PROBLEM*

*MOST MENU ITEMS CAN BE MADE GLUTEN FREE TO SUIT YOUR NEEDS*  
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## ORDER DETAILS:

DATE:	
CUSTOMER NAME:	
PHONE #:	
EMAIL ADDRESS:	
PREFERRED PICK-UP DATE:	
ALLERGIES/INTOLERANCES:	

\*PLEASE EMAIL COMPLETED FORM TO: [PEACEBYPIECENUTRITION@GMAIL.COM](mailto:PEACEBYPIECENUTRITION@GMAIL.COM)