

PEACE BY PIECE NUTRITION

HEALTHFUL EATING MADE SIMPLE 

REGULAR SIZE MEALS

(feeds 3-4 people)

CHICKEN:

QTY	DESCRIPTION	PRICE
	BBQ CHICKEN ROTINI	32.00
	BBQ CHICKEN & SWEET POTATO BAKE	33.00
	CHICKEN A LA KING	31.50
	CHICKEN AND VEGGIE BAKED ROTINI	36.00
	CHICKEN ALFREDO LASAGNA	36.00
	CHICKEN BACON RANCH POTATOES	32.00
	CHICKEN CURRY & RICE	34.50
	CHICKEN POT PIE	28.50
	CHICKEN STIR-FRY WITH RICE	30.00
	CHICKEN SWEET POTATO SKILLET	32.00
	CHICKEN BROCCOLI & RICE BAKE	30.50
	DIJON CHICKEN PENNE	31.50
	DIJON CHICKEN STEW	33.00
	FIESTA CHICKEN & RICE	30.50
	PEANUT CHICKEN LO MEIN	31.50
	GREEK PASTA BAKE	36.00
	SPINACH, CHICKEN, RICOTTA ROTINI	36.00
	STICKY SESAME CHICKEN WITH RICE	31.50
	CHEESY CHICKEN & RICE	36.00
	CHICKEN FETTUCINE ALFREDO	32.50
	GOLDEN CHICKEN AND RICE	29.50

BEEF:

QTY	DESCRIPTION	PRICE
	BEEF & BEAN ENCHILADA	28.50
	BEEF & BROCCOLI WITH RICE	36.00
	CHILI MAC	31.00
	CLASSIC LASAGNA	36.00
	EGG ROLL IN A BOWL WITH RICE	29.00
	GREEK MEATBALLS & RICE	33.00
	HAWAIIAN MEATBALLS & RICE	32.00
	LAZY CABBAGE ROLLS	28.00
	MEATLOAF MEAL	33.00
	PASTA MEATBALL STEW	32.00
	PHILLY CHEESESTEAK PASTA	34.00
	PIZZA PASTA	35.00
	SHEPHERD'S PIE	31.00

	STUFFED PEPPER CASSEROLE	33.00
	TACO LASAGNA	34.50
	TACO PENNE	31.00
	CREAMY BAKED SPAGHETTI	34.00
	BEEFY NOODLE BAKE	31.00

PORK:

QTY	DESCRIPTION	PRICE
	HAM MAC N' CHEESE	31.00
	CHIPOTLE BACON PENNE	35.00
	CUBAN SAUSAGE & RICE	33.00
	HARVEST PORK PASTA BAKE	32.50
	ITALIAN SAUSAGE PENNE	34.00
	JAMBALAYA	31.00
	PORK AND PINEAPPLE FRIED RICE	28.00
	SCALLOPED HAM & POTATOES	27.00
	SMOKED SAUSAGE SKILLET	33.00

VEGETARIAN:

QTY	DESCRIPTION	PRICE
	BBQ SWEET POTATO BOWLS	33.00
	CHICKPEA, TOMATO, & SPINACH CURRY	31.50
	CAULIFLOWER & POTATO CURRY	33.00
	STICKY SESAME CHICKPEAS WITH RICE	28.50
	VEGGIE JAMBALAYA	27.50
	VEGGIE SWEET POTATO STEW	27.50
	BLACK BEAN & SPINACH ENCHILADAS	29.00

LOW CARB:

QTY	DESCRIPTION	PRICE
	BEEF & BROCCOLI	38.00
	CHICKEN BACON RANCH VEGGIE BAKE	34.00
	CHICKEN CAULIFLOWER CURRY	38.00
	CHICKEN STIR-FRY	34.00
	EGG ROLL IN A BOWL	30.00
	GREEK MEATBALL VEGGIE BAKE	38.00
	LASAGNA ZUCCHINI BOATS	30.00
	MEATLOAF, GREEN BEANS, & DILL CARROTS	35.00
	PEANUT CHICKEN & VEGGIES	32.50
	PIZZA ZUCCHINI BAKE	37.50
	ITALIAN SAUSAGE & VEGGIE SKILLET	38.00

SALADS & TREATS

SALADS:

T

QTY	DESCRIPTION	PRICE	QTY	DESCRIPTION	PRICE
	CRANBERRY APPLE QUINOA	18.00		SUMMER CORN	16.00
	CRUNCHY BROCCOLI	16.00		POTATO	18.00
	GREEK PASTA	18.00		THAI PASTA	18.00
	GREEK	16.00		THAI PEANUT	16.00
	MEXICAN MACARONI	18.00		TOSSED	16.00
	POTATO	18.00		BRUSCHETTA PASTA	18.00
	BACON RANCH PASTA	18.00		MACARONI	18.00

TRAYS:

QTY	DESCRIPTION	PRICE
	VEGGIE TRAY WITH DIP	\$25.00
	FRUIT TRAY WITH DIP	\$25.00

EGG BITES:

SAVORY ROLLS:

6 pack \$15 / 12 pack \$30

6 pack \$15 / 12 pack \$30

QTY	DESCRIPTION	QTY	DESCRIPTION
	CLASSIC		MUSHROOM PIZZA ROLLS
	JALAPENO AND CHEDDAR		BBQ CHICKEN PIZZA ROLLS
	SPINACH, TOMATO AND MOZZA		

SAVORY TREATS:

QTY	DESCRIPTION	PRICE
	PEPPERONI PIZZA MUFFINS (12 PACK)	\$25.00
	PEPPERONI PIZZA MUFFINS (6 PACK)	\$13.00
	FETA & SPINACH MUFFINS (12 PACK)	\$25.00
	FETA & SPINACH MUFFINS (6 PACK)	\$13.00
	QUINOA PIZZA BITES (6 PACK)	\$13.99
	QUINOA PIZZA BITES (12 PACK)	\$26.99

MUFFINS:

6 pack \$8 / 12 pack \$15

QTY	DESCRIPTION	QTY	DESCRIPTION
	BANANA CHOCOLATE CHIP		CHOCOLATE ZUCCHINI
	LEMON POPPY SEED		LEMON BLUEBERRY
	SPICED CARROT		PUMPKIN SPICE
	RAISIN BRAN		PB & JAM
	APPLE STRUESEL		

CINNAMON BUNS:

6 pack \$13 / 12 pack \$25

QTY	DESCRIPTION	QTY	DESCRIPTION
	CLASSIC CINNAMON BUNS		BACON CHEDDAR CHIVE
	BLUEBERRY CINNAMON BUNS		PUMPKIN SPICE
			BLUEBERRY

SCONES:

6 pack \$13 / 12 pack \$24

DESSERT BARS:

6 pack \$10 / 12 pack \$18

QTY	DESCRIPTION	QTY	DESCRIPTION
	AMPED UP RICE KRISPIE TREATS		BLUEBERRY CRUMB BARS
	CARROT CHEESECAKE BARS		PEANUT BUTTER GRANOLA BARS

DELUXE DESSERT BARS:

6 pack \$15 / 12 pack \$30

QTY	DESCRIPTION	QTY	DESCRIPTION
	PEANUT BUTTER APPLE SQUARES		GINGERBREAD BROWNIES
	SWEET POTATO BROWNIES		

COOKIES:

QTY	DESCRIPTION	PRICE
	CHUNKY CARROT APPLE COOKIES (12 PACK)	\$20.00
	PEANUT BUTTER COOKIES (12 PACK)	\$10.00

OTHER SWEET TREATS:

QTY	DESCRIPTION	PRICE
	APPLE ENCHILADAS (6 PACK)	\$29.99
	APPLE PIE	\$20.99
	PEANUT BUTTER & CHOCOLATE ENERGY BITES (12 PACK)	\$10.00
	PEANUT BUTTER & CHOCOLATE ENERGY BITES (24 PACK)	\$18.00

.....
 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

ORDER DETAILS:

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

*PLEASE EMAIL COMPLETED FORM TO: PEACEBYPIECENUTRITION@GMAIL.COM