



SFG PREPs

meals include 4 oz meat for women, 8 oz for men, one veggie & one carb,

Carb

baked sweet potato, roasted red potatoes, brown rice & jasmine rice

Meat

grilled chicken breast, chicken & beef kababs, bbq chicken, herb roasted chicken
chicken stir fry, beef stir fry, spaghetti, baked fish, pork loin, turkey burgers

Veggie

vegetable medley, cabbage, green beans, broccoli

served in clear a 3 compartment container with lid