



# A BETTER CHOICE NOVEMBER DEALS

## *Penny's Pantry* "Meal Prep Made Easy"

Buy one week of meals (10 meals minimum) and receive  
FREE your choice of:

- 2 breakfasts OR
- 2 desserts OR
- 2 protein balls

Buy four weeks of meals (40 meals minimum) and receive  
FREE your choice of:

- 8 breakfasts OR
- 8 desserts OR
- 8 protein balls (mix n' match)

## PLUS

a free \$50 gift certificate to use from December 1-31, 2019  
(transferable as a gift to family or friends).

**CONTACT PENNY WILSON**

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		Regular	Large
	<b>BREAKFAST OPTIONS</b>		
	1-Protein French Toast & 2-Turkey Bacon	\$ 8.00	\$ 10.00
	2-Protein Blueberry Pancakes & 1-Egg Cup	\$ 8.00	\$ 10.00
<b>V</b>	Veggie Cream Cheese Cheddar Omelette with Cherry Tomatoes	\$ 8.00	\$ 10.00
	2-Egg White, Ham & Cheese Cups	\$ 5.00	
	<b>LUNCH/SUPPER OPTIONS</b>		
	Chicken Fettuccine Alfredo (Brown Pasta)	\$ 13.00	\$ 15.00
	Honey Sriracha Chicken Rice Bowl	\$ 13.00	\$ 15.00
	BBQ Chicken with Oven Baked Medallion Potatoes	\$ 13.00	\$ 15.00
	Shrimp with Fried Rice Bowl	\$ 13.00	\$ 15.00
	Lemon Pepper White Fish with Brown Rice	\$ 13.00	\$ 15.00
	Beef Stir Fry with Fried Rice	\$ 13.00	\$ 15.00
	Roast Beef Dinner with Mashed Potatoes & Vegetables	\$ 13.00	\$ 15.00
	Hearty Chili	\$ 7.00	\$ 9.00
	<b>VEGETARIAN OPTIONS</b>		
<b>V</b>	Vegetable Stir Fry with Fried Rice	\$ 13.00	\$ 15.00
<b>V</b>	All Vegetable Chili	\$ 7.00	\$ 9.00
<b>V</b>	Creamy Sundried Tomato Pasta	\$ 13.00	\$ 15.00
<b>V</b>	Vegetable Stir Fry with Fried Rice	\$ 13.00	\$ 15.00
	<b>MUFFINS</b>		
	2-Protein Banana Muffins	\$ 3.00	
	2-Pumpkin Carrot Apple Muffins	\$ 3.00	
	<b>PROTEIN BALLS</b>		
	2-Cranberry, Chocolate and Peanut Butter	\$ 3.00	
<b>GF/VG</b>	2-Cinnamon Vanilla	\$ 3.00	
<b>GF</b>	2-Cookie Dough	\$ 3.00	
<b>GF</b>	2-Lemon Coconut	\$ 3.00	

V = VEGETARIAN  
GF = GLUTEN FREE  
VG = VEGAN

***CUSTOM ORDERS AVAILABLE TO FIT YOUR DIETARY OR MACRO NEEDS  
(additional charges may apply)***