

Chef Anthony, Weekly Meal Prep Service

Serving the Greenville Metro Area

Sample Menu

Please choose **4 of the following 6 meals by Friday at noon via text or email:**

1. Grilled Greek Chicken with Lemon Dill Potatoes & Roasted Bell Peppers

Protein: Grilled chicken breast marinated in lemon, garlic, oregano, and olive oil

Side 1: Roasted baby potatoes with dill and lemon zest

Side 2: Roasted bell peppers with olive oil

Sauce: Cucumber dill yogurt sauce (served cold)

2. Korean-Style Shredded Beef with Jasmine Rice & Sesame Green Beans

Protein: Chuck roast cooked in a soy-ginger-garlic-honey sauce

Side 1: Steamed jasmine rice

Side 2: Sauteed sesame green beans

Sauce: Reduced cooking sauce for drizzling

3. Mojo Pork Tenderloin with Cilantro Rice & Roasted Sweet Peppers

Protein: Pork tenderloin marinated in orange juice, lime, garlic, and herbs, grilled

Side 1: Cilantro-lime rice

Side 2: Roasted sweet bell peppers

Sauce: Mojo pan sauce

4. Chicken Shawarma Bowls with Turmeric Rice & Pickled Cucumber

Protein: Grilled chicken thighs in shawarma-style spice blend

Side 1: Turmeric basmati rice

Side 2: Quick-pickled cucumber + tomato salad

Sauce: Yogurt-tahini lemon drizzle (served cold)

5. Garlic-Herb Pork Shoulder with Sweet Potato Mash & Zucchini

Protein: Pork shoulder slow cooked with garlic, rosemary, thyme, and bone broth

Side 1: Mashed sweet potatoes with butter and a hint of cinnamon

Side 2: Roasted zucchini slices

6. BBQ Brisket with Mac & Cheese and Garlic Green Beans

Protein: Beef brisket cooked low and slow in BBQ sauce

Side 1: Classic creamy mac & cheese

Side 2: Garlic green beans

Sauce: BBQ sauce (built in)

Every meal will come with reheating/storing instructions.

Side Packages (optional):

Protein Snack Pack- \$70/week

Includes 6 hard boiled eggs, 6 overnight oat portions, 3 nut mix portions, and 3 chia puddings

Text Chef Anthony at (864) 386-3590 at any time for more info!