

Lala's Kitchen

W E E K L Y M E A L P L A N

*You may request modifications for dietary restrictions on the "Get Started Form" on the website.

*Before you submit your form, please make sure you are happy with the **5 Proteins** of the week (See Below!).

*Orders MUST be placed by the *end of Thursdays*.

*Payments are due on *Fridays* by either **Venmo: Lalas_Kitchen** or **Zelle: info@lalaskitchenservices.com**.

*Orders must be picked up on *Sundays* between 1pm-7pm or choose a Delivery fee for \$15 extra.

*Confirmation email with your total price quote and the pick up location will be sent after submitting form.

- > 3 Chicken Breast Tenderloins
 - > 7 Beef Tip Strips
- > 7 Steamed Jumbo Shrimp
- > 4oz Seared Salmon filet
- > 3 Pulled Jackfruit Tacos



See you Sunday for next week's pick up or delivery

