

**NEED A GREAT  
POST WORKOUT MEAL?**



**WE'RE GOOD FOR YOUR MUSCLES.**

**Body Building Meal Preparation Order Form**

Choice you're Items "You can pick different Proteins for each of your meals"

Protein	How Many Grams Per Meal			
Low Fat Chicken "Marinated or Not"				
Low Fat Beef "Marinated or Not"				
Low Fat Pork "Marinated or Not"				
Shrimp				
Tofu				
Sausage				
Squid				
Fish "Tilapia"				

Choice your Items "You can Pick different Vegetables for each of your meals"

Vegetables	How Many Grams Per Meal			
Broccoli				
Cauliflower				
Mushroom				
Onions				
Bell Peppers				
Carrots				
Cabbage				
Bok Choy				
Tomatoes				
Pineapple				
Celery				
Zucchini				
Water Chestnut				
Chickpeas				
Spicy Banana Peppers				
Baby Corn				
Black Olives				
Peanuts				
Green Beans				
Bean Sprout				
Jalapeno				
Minced Garlic				
Minced Ginger				

Choice you're Items "You can pick different Starch for each of your meals"

Starch's	How Many Grams Per Meal			
Chow Mein Noodle				
Udon Noodle				
Potatoes				
Sweet Potatoes				
White Rice				
Brown Rice				

Choice you're Items "You can pick different Sauces for each of your meals"

Sauces or No Sauce	How Many Grams Per Meal			
Teriyaki				
Sweet and Sour				
Pineapple curry				
Oyster				
Honey Garlic				
Sweet Chili				
Black Bean				
Curry Sauces				
Siracha "Hot Sauces"				
Garlic Chili "House Sauces"				
Soy Sauce				
Salt/Black Pepper				

You may order as many meals as you like. Each meal is charged by weight \$2.96 per 100 grams our meals come in a microwavable container and can be stored for 4 days in a fridge or 3 months in a freezer. Pick up or delivery available Free Delivery on order of \$30.00 or more. There will be a delivery charge of \$6.00 for order less than \$ 30.00.

Please Call Go-Grill \_\_\_\_\_ for your Meal Plan

\_\_\_\_\_ (address)



It's Fresh..... It's Tasty.....it's Healthy