



Meal Prep Menu



**Eat Smart,
Save Time**

Like a Food
Passport — Taking
Your Taste Buds
on a First-Class
Trip

How It Works

Choose your meal pack style and enjoy globally inspired, healthy, ready-to-eat meals crafted with love and soul.

All meals are with high-quality ingredients. Halal poultry, seafood, and gluten-free substitutions available.

MEAL PACK TIERS			
🥗 01 Lite Pack (Wraps + Sides) Lighter, convenient meals for lunch or post-work sessions.	🥗 02 Balanced Pack (Global Fusion Favorites) A mix of proteins, grains, and greens for flavorful, everyday wellness.		
🏋️ 03 Performance Pack (High-Protein, Low Carb) Perfect for athletes, active professionals, and anyone looking to build or tone muscle.	🧺 04 Combo Pack (15 Meals Total) The ultimate convenience — includes both the Standard 10-Meal Plan and the Lite Wrap Plan.		





Supports healthy eating habits

Eat healthier with ease. Preparing meals in advance helps you make better food choices and stick to your goals.



Saves time during busy weekdays

Save precious time on hectic weekdays! Prepped meals are ready to go, giving you more time for what matters.



Reduces food waste

Cut down on food waste. Meal prepping helps you plan and portion efficiently, ensuring you use all your ingredients

Why You Should Start Meal Prepping



Lite Pack (Wraps + Sides)

Lighter, convenient meals for lunch or post-work sessions.

5 Meals (1 Wrap + 1 Side per Day)

Wrap Choices

- **Buffalo Chicken Wrap** – Fried chicken breast tossed in buffalo sauce, romaine, tomato, onion, carrot, cheddar, chunky blue cheese, drizzle of ranch + blue cheese dressing. (Halal opt, GF opt)
- **Lemon Garlic Herb Chicken Wrap** – Grilled chicken breast, lettuce, tomato, red onion, mozzarella, zesty aioli in spinach wrap. (Halal opt, GF opt)
- **Turkey Club Wrap** – Honey roasted turkey, uncured turkey bacon, tomato, spring mix, cheddar, garlic aioli. (Halal opt, GF opt)
- **Grilled Jerk Chicken Wrap** – Jerk-marinated chicken, stir fried peppers & onions, mango, jerk ranch drizzle. (Halal opt, GF opt)
- **Caribbean Sweet Chili Salmon Wrap** - Grilled salmon tossed in a sweet chili glaze with cabbage slaw, pineapple and fresh herbs in a flour or gluten-free wrap. (GF opt, DE)

\$85/week • ~\$17 per meal

 **Includes complimentary bottled water with each meal**

Side Choices

- **Gourmet Spaghetti Salad** – Turkey pepperoni, cheese, deli turkey, bell peppers, cherry tomatoes, broccoli, cucumber, Italian vinaigrette.
- **Summer Berry Salad** – Fresh strawberries, blueberries, feta, balsamic glaze. (GF)
- **Garlic Ginger Kale Salad** – Kale, shredded carrots, turmeric ginger-garlic vinaigrette. (Vegan, GF)
- **Garden Salad** – Spring mix, cucumber, tomato, carrot, cheddar, boiled egg, choice of Dressing.
- **Roasted Potatoes & Herbs** – potatoes with olive oil, garlic, seasoning, parsley. (Vegan, GF)
- **Herb White Rice** – Steamed, lightly seasoned with garlic + parsley. (Vegan, GF)
- **Gourmet Mac & Cheese** – Creamy 5-cheese blend, cavatappi pasta, herbs.
- **Yellow rice and gandules** – Steamed, seasoned with sofrito and spices.

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Balanced Pack (Global Fusion Favorites)

A mix of proteins, grains, and greens for flavorful, everyday wellness.



**\$200/week ~\$20
per meal**

💧 Includes
complimentary bottled
water with each meal

- **Turkey Meatballs in Tomato Basil Sauce**
Served over pasta (brown rice spaghetti or zucchini noodles +\$3). (GF, DF)
- **Salmon Fusion Bowl**
White rice, sesame-garlic stir-fried broccoli, drizzled with Meraki Asian Jerk Glaze. (DF)
- **Greek Chicken Souvlaki Plate (Chef's Pick)**
Mediterranean chicken, cucumber-tomato-olive salad, feta, tzatziki, pita. (GF opt, Halal)
- **Chicken Stir-Fry**
Bell peppers, snap peas, carrots, red onion, brown rice. (GF, DF)
- **Herb-Garlic Shrimp – Served over pasta**
(Brown rice spaghetti OR zucchini noodles +\$3). Roasted carrots. (GF, DF Available)



Performance Pack (High-Protein, Low-Carb)

Perfect for athletes, active professionals, and anyone looking to build or tone muscle.
10 Meals (Lunch + Dinner, Monday–Friday)

\$200/week
~\$20 per meal
💧 **Includes**
complimentary bottled
water with each meal

- **Mojo Garlic Herb Chicken Bowl (Chef's Pick)**
Steamed broccoli, citrus pepper sauce, yellow rice + gandules. (GF, DF, Halal)
- **Jerk Chicken Bowl (Top Seller)**
Greens, stir-fried peppers & onions, mango vinaigrette, plantain chips.
Choice of sweet potato mash or yellow rice + gandules. (GF, DF, Halal)
- **Lemon-Thyme Chicken & Roasted Vegetables**
Bell peppers, zucchini, asparagus over jasmine rice, lemon-thyme vinaigrette. (GF, DF, Halal)
- **Cajun Honey Citrus Salmon**
Garlic green beans, gourmet mashed potatoes. (GF, DF)
- **Herb-Garlic Shrimp Bowl**
Served over brown rice spaghetti OR zucchini noodles (+\$3). Roasted carrots. (GF, DF)

Program perks



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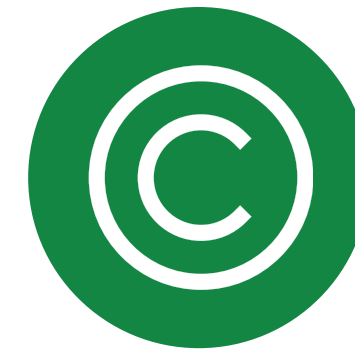
Combo Pack (15 Meals Total)

The ultimate convenience — includes both the Standard 10-Meal Plan and the Lite Wrap Plan.
\$275/week (save \$10–15 vs. buying separately)



Ordering & Delivery

Order Cutoff: Thursday 6 PM for Monday delivery
Delivery:
Flat local delivery fee:
\$15–\$20 (within 10 miles)



Subscriptions

Auto-Renew Weekly: Set it and forget it! Skip, pause, or cancel anytime.



Loyalty

- Bring a Friend: both receive \$10 off next week's order.
- Add-Ons Available: Protein snacks, juices, and more.



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Ready to Start?

Let's Prep Your First Week!

Tag Your
Prep Buddy



At Meraki Collective, every dish is made with intention, flavor, and balance — inspired by culture, crafted with care, and created for your lifestyle.

Meraki Collective: Like a food passport — taking your taste buds on a first-class trip.