



■ Meraki Collective – Meal Prep Program

****Schedule:**** Monday–Friday (5 days)

****Format:**** 2 Meals/day (Lunch + Dinner) OR Lighter Wrap Lunches

****All options:**** Nut-free, with halal poultry & gluten-free substitutions available.

■ Program 1: Standard Meal Prep (2 Meals/day, 10 Meals/Week)

- Mojo Garlic Herb Chicken Bowl – Steamed broccoli, citrus pepper sauce, yellow rice + gandules. (GF, DF, Halal)
- Jerk Chicken Bowl – Greens, stir fried peppers & onion, mango vinaigrette, plantain chips. Choice of sweet potato mash or yellow rice + gandules. (GF, DF, Halal Available)
- Turkey Meatballs in Tomato Basil Sauce w/ shaved Parm – Served over Pasta. (Brown rice spaghetti OR zucchini noodles +\$3). (GF, DF Available)
- Salmon Fusion Bowl – White rice, sesame-garlic stir-fried broccoli, drizzled with Meraki Asian Jerk Glaze. (DF)
- Greek Chicken Souvlaki Plate – Mediterranean chicken, Red onion, cucumber-tomato + olive salad, feta, tzatziki, pita. (GF opt, Halal Available)
- Cajun Honey Citrus Salmon – Garlic green beans, gourmet mashed potatoes. (GF, DF)
- Chicken Stir-Fry – Bell peppers, snap peas, carrots, red onion, brown rice. (GF, DF Available)
- Jerk Chicken/Turkey blend Meatballs – Pineapple glaze, cilantro and a grilled pineapple slice (if in season) roasted sweet potatoes, kale-carrot salad with ginger vinaigrette and pepitas. (GF, DF Available)
- Mediterranean Chickpea & Veggie Bowl – Lemon tahini, pita. (V, GF, DF Available)
- Herb-Garlic Shrimp – Served over pasta (Brown rice spaghetti OR zucchini noodles +\$3). Roasted carrots. (GF, DF Available)

■ **Pricing:** \$200/week (10 meals) • ~\$20 per meal

*Complimentary bottle of water with each meal

■ **Program 2: Light Lunch Wrap Plan (1 Wrap + 1 Side)**

- 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)
- Grilled Portobello Asada Wrap – Portobello, peppers, onions, cilantro, garlic aioli. (Vegan opt, GF opt)
- 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.

■ **Pricing:** \$85/week (5 meals) • ~\$17 per meal

*Complimentary bottle of water with each meal

■ **Combo Package (15 meals total)**

Includes both the Standard Plan (10 meals) and Light Lunch Plan (5 meals).

■ **Pricing:** \$275/week (saves ~\$10–15 vs. buying separate)

Delivery Cost

- Flat Local Delivery Fee: \$10–\$15 per drop (within 10–15 miles)
- Free Delivery Threshold: Free delivery on orders \$200+
- Extended Range: \$20–25 for deliveries beyond 15 miles.