



fit  **MEALS**
**PREPARED. PACKED.
 FIT-TO-GO.**

- Healthy, nutritious and delicious meal planning just got a whole lot easier! Prepped, packed and fit-to-go for any part of your day. **MENU CHANGES MONTHLY!**
- Freshly made to order using the healthiest ingredients without ever sacrificing flavor.
- Portion balanced with lean meats, locally sourced fruits & vegetables, complex carbs and good fats.
- Dairy free, gluten free, no refined sugar, Non-GMO
- Tuesday & Friday Pick-ups. Local Delivery Available!
- All items available a la carte.

960 WILLIS AVE.
 ALBERTSON, NY 11507
 516.493.9966
 BASILANDPRIME.COM

SEPT/OCT 2019

Egg White Frittata Bites	9.99
EGG WHITES, SPINACH, FETA, OVER MIXED GREENS	
Protein Pancakes WITH FRESH BERRIES	9.99
Overnight Oats WITH PECANS, HEMP SEEDS, CHERRIES, RAW HONEY	9.99
Roasted Chicken Thigh	12.99
WITH BROCCOLI RABE, ROASTED BABY POTATOES	
○ Sub Carb for Double Vegetable N/C	
○ Double Protein +4 OZ (+6.00)	
Seared Salmon WITH CHARRED CAULINI, JASMINE RICE	15.99
○ Sub Carb for Double Vegetable N/C	
○ Double Protein +4 OZ (+7.00)	
Shrimp Skewers WITH MANGO SALSA, BLACK RICE	15.99
○ Double Protein +4 OZ (+7.00)	
Turkey Burger LETTUCE, TOMATO, PICKLES, SWEET POTATO FRIES	13.99
○ Sub Fries for Mixed Greens N/C	
Sliced Steak WITH GRILLED VEGGIES, CRISPY POTATOES	15.99
○ Sub Carb for Double Vegetable N/C	
○ Double Protein +4 OZ (+7.00)	
Sliced Steak Salad OVER ARUGULA WITH CHERRY TOMATOES	11.99
Vegan Spaghetti & Meatballs	14.99
GLUTEN-FREE PASTA, MEATLESS EGGPLANT MEATBALLS, HOMEMADE MARINARA SAUCE	
Spiced Cauliflower Steak WITH ROASTED CHICK PEAS. VEGAN	14.99
Mixed Green Garden Side Salad WITH CARROTS, RED ONION, BELL PEPPER & CARROTS	5.99
Mixed Berry Cup	6.99

MENU CHANGES MONTHLY

