



Monthly Menu(s) At-A-Glance

Lunch or Dinner		
Protein	Vegetable	Carb
Chicken & Noodle Casserole	Broccoli	Noodles
Jambalaya	Carrots	Brown Rice
Oven Fried Chicken	Sautéed Cabbage	Parsley Potatoes
Barbecued Salmon	Brussel Sprouts	Pasta Salad
Chicken Fettuccini	Broccoli	Noodles
Spicy Meatballs	Squash Medley	Mashed Sweet Potato
Chicken Breast Strips	Asparagus Medley	Sautéed Brown Rice
Beef Casserole	String Beans	Macaroni
Bean and Beef Burritos	Spinach	Brown Rice
*Chicken and Spinach Casserole	Spinach	Brown Rice
Baked Chicken	Greens	Navy Beans w/ Potatoes
Beef and Bean Soup w/ Pasta	Beans, Zucchini Tomatoes, Green Beans	Pasta
Shrimp Fried Rice	Mixed Vegetable	Brown Rice
Cheesy Macaroni Burger	Spring Peas	Pasta
*Chicken Noodle Soup	Tuna Salad	Noodles and Ezekiel Flat Bread
*Chicken/Shrimp Quiche	Broccoli	Pie Crust
Turkey Legs	Spicy Kale	Sweet Potato Wedges

*Meal items with an asterisk can be served with meat or a non-meat alternative

Seasonal costs will apply to certain fish and fresh vegetable items

At Just Good Clean Cookin:

- No meat is cooked in vegetables
- Vegetarian options available
- No MSG
- No preservatives, fillers, or additives in the cooking or in the baked goods

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Lunch or Dinner		
Protein	Vegetable	Carb
Salmon	Carrots	Vegetable Brown Rice
Smothered Chicken	Green Beans	Mashed Potatoes
Asian Chicken	Asparagus	Sweet Potato
Rice and Bean Sausage Casserole	Cabbage	Caramelized Apples
Baked Chicken	Brussel Sprouts	Spinach Linguine
Curry Fish	Cabbage	Brown Rice
Pasta Salad w/ Chicken	Broccoli, Carrots, Onions	Pasta and Ezekiel Garlic Flat Bread
Power Salad w/ Salmon	Spinach, Kale, Mizuna, Chard	Ezekiel Garlic Flat Bread
Veggie Burger Salad	Various	Veggie Patty
Baked Spaghetti Soufflé w/ Veggie Crumbles	Spinach	Pasta
Cream of Broccoli Soup	Chicken Breast Tenders	Potatoes
Veggie Patty Melt	Sautéed Carrots, Onions, bell Peppers w/ Goat Cheese and Cranberries	Ezekiel Flat Bread
Chicken Pot Pie	Mixed Vegetables	Potatoes
Beef Stew	Green Beans, Corn Carrots	Potatoes
Chicken Waldorf Salad	Spinach	Ezekiel Flat Bread Strips
Shepard's Pie	Fried Green Beans	Garlic Potatoes

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Fees & Services:

- \$150/ weekly for an individual (Dinner for 5 days)
- \$215/ weekly for two (Dinner for 5 days)
- \$299/ weekly for in-house service for one meal for a family of 3-4 (Dinner)
- \$25.99 quick meal prep options for one or two days a week (per meal)

Delivery Fee:

- \$13 for all deliveries or
- Pick up from Prep Atlanta shared food kitchen at no delivery fee