



**Meal Prep menu rotate Bi weekly**

**Minimum Orders 8 Meals**

*Orders must be placed a week in advance by phone or email*

636-219-1210 or

[info@thecrookedboot.com](mailto:info@thecrookedboot.com)

**Chicken Teriyaki Meatballs w/  
Steam rice & Vegetables \$10.99**

**Fried Cauliflower Rice (choice of**

**chicken, tofu, or Shrimp) \$10.99**

**Turkey Meatloaf w/ roasted Sweet potatoes, & Green Beans \$11.99**

**Chickpea Quinoa Bowl (chickpeas, quinoa, spinach, roasted sweet potatoes, lemon, roasted tomatoes, olives, & Feta) \$10.99**

**Chicken Burrito Bowl (Shredded chicken), cheese, tomatoes cilantro rice, black beans & tomatoes) \$12.99**

**Veggie Stir fry Noodle Choose 1 protein (Chicken, Tofu, Shrimp) \$11.99**

**Ayiti Bòl (Spiced Chicken, Rice, Sòs Pwa, Pikliz, Sweet Plantain) \$13.99**

**Wild Winter Salad (Grilled Salmon, Spinach, Roasted Sweet Potatoes, Quinoa, pomegranate,) \$15.99**

**Baked Sushi Bowl (White Rice, Spicy Salmon, avocado, sesame seeds, Nori, & Scallions) \$15.99**

**Chicken Parmesan with Zucchini noodles \$11.99**