



READYGO

MEAL PREP FOR GO-GETTERS

HOW IT WORKS

- Order online between Monday and Wednesday
- Receive your meals on Sunday between 3-8pm
 - **Delivery or Pickup** in Springdale at Market Center of the Ozarks
- *Subscribe for 10% off* and edit selections weekly

CHICKEN

Mediterranean Rice & Chicken

Balsamic marinated chicken served with fluffy rice, and fresh vegetables.

Fajita Bowl

Fajita-seasoned chicken with peppers, onions, and rice.

Chicken Rice Bake

Creamy baked chicken and rice with veggies, herbs, and savory seasoning.

Teriyaki Chicken Bowl

Teriyaki glazed chicken with rice and steamed broccoli.

Coconut Chicken Rice Bowl

Savory coconut-marinated chicken with jasmine rice and broccoli.

Maple Dijon Chicken

Maple Dijon glazed chicken served with grains and a root vegetable.

BEEF

BBQ Sweet Potato

Slow roasted sweet potato topped with sloppy joe style beef and a side of tangy salad.

Beef & Broccoli Bowl

Saucy beef and fluffy rice – sesame, ginger, salty soy sauce, and pinch of honey.

Burger Bowl

Seasoned beef served over a base of roasted potatoes, tomatoes, diced onion, and a side of pickles.

Beef & Kale Bowl

Beef, rice, kale, and cherry tomatoes come together with a tangy mustard sauce.

PASTA

Green Power Pasta

Creamy pasta, peas and spinach for color and nutrients, and juicy baked chicken.

Pasta & Meatballs

Classic pasta and savory meatballs served with roasted broccoli.

Mac and Cheese

A macro conscious meal with all the comfort of mac 'n cheese.

Pasta Salad

Pasta, roasted chicken, and spring vegetables, tossed in a light dressing.

SALADS

Kale Chicken Salad

Zesty kale salad with quinoa, chickpeas, chicken and a peppery kick.

Lemon Chickpea Salad

Refreshing chickpea salad tossed with fresh herbs, and a lemon dressing.

Pasta Salad

Pasta, roasted chicken, and spring vegetables, tossed in a light dressing.

Southwestern Salad

Southwestern chicken, fresh greens, zesty vegetables, and a smoky dressing.

Green Goddess Salad

Fresh greens, finely diced cucumbers and cabbage, and tender chicken tossed in a creamy green goddess dressing.

COMING SOON: Family & Kids Meal Prep

**EAT WELL
LIVE FREE**