



Questions on orders or catering contact:

(626)-833-7421 or
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MEAL PREP & CATERING SERVICE

SERVING LOS ANGELES and INLAND EMPIRE



SIGNATURE MEALS

Ready to go, served with sauce on the side.
6oz Protein Serving

MEAL #1

- \$10 Tri-Tip Steak with Avocado Salsa**
Served with roasted red potatoes, sautéed asparagus, and a side of house made avocado salsa verde

MEAL #2

- \$8 Lemon Herb Chicken**
Served with brown rice & quinoa, sautéed green beans, and a side of teriyaki sauce

MEAL #3

- \$9 Ground Lean Turkey**
Served with roasted sweet potatoes, brussel sprouts, and a side of BBQ sauce

MEAL #4

- \$9 Thai Coconut Curry Meatballs**
4 beef meatballs topped with our house made coconut curry sauce. Served with a side of grilled zucchini, and brown rice and quinoa



BUILD YOUR OWN

Select a PROTEIN - then add VEGGIES, a SIDE and a SAUCE.

PROTEIN

- \$10 Tri-Tip Steak w/ Avocado Salsa Verde**
6oz of Protein (294 cal, 35g protein, 0.5g carbs, 16g fat)
- \$8 Lemon Herb Chicken**
6oz of Protein (281 cal, 52g protein, 0g carbs, 6.1g fat)
- \$8 Spicy Sriracha Chicken**
6oz of Protein (253 cal, 29.7g protein, 0g carbs, 14.05g fat)
8oz of Protein (338 cal, 39.6g protein, 0g carbs, 18.73g fat)
- \$9 Ground Lean Turkey**
6oz of Protein (253 cal, 29.7g protein, 0g carbs, 14.05g fat)
- \$9 Lean Beef Meatballs**
6oz of Protein (277 cal, 33.39g protein, 11.8g carbs, 7.07g fat)
- \$8.50 Cajun Spiced Tilapia**
6oz of Protein (170 cal, 45g protein, 0g carbs, 4.5g fat)
- \$8 Kung Poa Shrimp**
6oz of Protein (180 cal, 41g protein, 0.3g carbs, 0.5g fat)
8oz of Protein (292 cal, 60g protein, 0.8g carbs, 6g fat)
- \$10 Honey Lime Glazed Salmon**
6oz of Protein (354 cal, 34g protein, 0g carbs, 22g fat)
- \$9 Grilled Marinated Chicken**
6oz Chicken breast seasoned with house made BBQ spice rub, glazed and cook over a charcoal grill
- \$8 TJamaican Jerk Seasoned Chicken**
6 oz Chicken breast seasoned with our house made sweet & spicy jerk rub

VEGGIES

- Steamed Broccoli** (30cal)
- Grilled Zucchini** (59cal)
- Roasted Bell Peppers** (58cal)
- Brussel Sprouts** (55cal)
- Sautéed Green Beans** (42cal)
- Sautéed Carrots** (45cal)
- Sautéed Sesame Green Cabbage** (75cal)
- Sautéed Kale** (85cal)
- Sautéed Asparagus** (67cal) **+\$1**

SIDES

- Brown Rice & Quinoa Mix** (216cal)
- Cauliflower Rice** (70cal)
- Jasmine Cilantro Rice** (206cal)
- Roasted Red Potatoes** (161cal)
- Roasted Sweet Potatoes** (150cal)
- Mashed Sweet Potatoes** (213cal)
- Mashed Purple Yam** (220cal)
- Garlic Mashed Potatoes** (214cal)

SAUCES (OPTIONAL)

- Avocado Salsa Verde**
- Pineapple Teriyaki**
- Chipotle BBQ**
- Fire Roasted Salsa**
- Sriracha**



PASTAS

\$8.50 Chicken & Pasta

Roasted lemon herb chicken breast served penne pasta, sundried tomatoes, and spinach all tossed with our house made creamy tomato basil sauce topped with fresh grated parmesan cheese

\$9.50 Shrimp & Pasta

Sauteed garlic shrimp served penne pasta, sundried tomatoes, and spinach all tossed with our house made creamy tomato basil sauce topped with fresh grated parmesan cheese

\$8 Chicken Asian Noodle Stir Fry

Fresh cut mix veggies, Korean sweet potato glass noodles wok tossed in our sesame ginger soy sauce and fresh cilantro served with a side of sriracha

\$8 Turkey Asian Noodle Stir Fry

Fresh cut mix veggies, Korean sweet potato glass noodles wok tossed in our sesame ginger soy sauce and fresh cilantro served with a side of sriracha

\$9 Shrimp Asian Noodle Stir Fry

Fresh cut mix veggies, Korean sweet potato glass noodles wok tossed in our sesame ginger soy sauce and fresh cilantro served with a side of sriracha

\$8 Chicken Pesto Pasta

Whole wheat pasta tossed in our house made basil spinach pesto, lemon herb chicken and sundried tomatoes **482 cal, 41.47g protein, 40.70g carbs, 20.02g fat**



BREAKFAST

\$7 Chocolate Cinnamon Protein Pancakes

4 Fluffy pancakes served with a side of creamy nutella peanut butter **4 - 258 cal 40.98g protein 17.19g carbs 4.44g fat**

\$7.50 Turkey Bacon Breakfast Scramble

Roasted mixed potatoes, fluffy scrambled eggs with spinach and cheddar cheese with a side of turkey bacon

\$7 Breakfast Tacos

2 corn tortillas filled with ground turkey, scrambled eggs, shredded cheese and cilantro, with a side of fresh salsa

\$7.50 Ground Turkey Scramble

Roasted red potatoes, fluffy scramble eggs & spinach topped with cheddar cheese, with a side of ground lean turkey and fresh salsa

\$7 Turkey Spinach Egg Muffins

Three egg muffins filled with ground lean turkey and spinach, w/ a side of sweet potato & red potato mix



WRAPS on-the-go

\$7 Turkey Hummus Wrap

Spinach, red bell pepper, purple cabbage, Colby jack cheese, and roasted turkey breast in a spinach tortilla served with a side of white bean hummus (382cal, 29.45g protein, 45.23g carbs, 10.72g fat)

\$7 Chicken Avocado Wrap

Sliced chicken breast, spinach, red cabbage, bell pepper, Monterey jack cheese served avocado salsa



Fajita Bowls

\$9 Chicken Fajita Bowl

Brown rice & quinoa, black bean and corn mix, sautéed mixed bell peppers, and onions, cilantro and shredded cheese served with fire roasted salsa

\$9 Lean Ground Turkey Taco Bowl

Brown rice & quinoa, black bean and corn mix, grilled bell pepper & onion mix, cilantro and shredded cheese served with fire roasted salsa verde

\$10 Steak Fajita Bowl

Brown rice & quinoa, black bean and corn mix, sautéed mixed bell peppers and onions, cilantro and shredded cheese served with avocado salsa

Vegan & Vegetarian

\$9 Vegan Tofu & Veggie Coconut Curry

Firm cubed tofu, zucchini, carrots, red bell pepper, and green beans all simmered in our house made Thai coconut curry sauce. Served with brown rice & quinoa

\$9 Vegan Orange Sesame Tofu

Firm cubed tofu, and bell pepper wok tossed in a orange sesame glaze. Served with brown rice & quinoa, and sautéed green beans

\$8 Vegan Veggie Tacos

3 corn tortillas filled with sautéed cauliflower, zucchini, sweet potatoes, and black bean & corn and bell peppers in a fire roasted tomato sauce. Served with a side of fresh salsa

\$8 Vegan Veggie Noodle Stir Fry

Fresh cabbage, sliced carrots, red bell pepper, mushrooms, and celery mixed with Korean sweet potato glass noodles wok tossed in our sesame soy sauce. Served with a side of sriracha

