



Thank you so much for continuing to support Smart Meals! To place an order please note the quantity next to the desired item. Any special requests are to be noted in the last column. If you have any questions please call 713.868.9800 or text 713.594.4565.

Breakfast

Options		Price	Quantity	Special Requests
The "Smarter" Breakfast Sandwich	One Size Only	\$6.50		
Breakfast Hash (Turkey)	One Size Only	\$6.95		
Steel Cut Oatmeal with Golden Raisins	One Size Only	\$3.50		
Steel Cut Blueberry Protein Oatmeal	One Size Only	\$4.50		
Blueberry Eggwhite Pancake	One Size Only	\$7.50		
Very Cherry Chocolate Egg White Pancake	One Size Only	\$7.50		
Protein Packed Buttermilk Flapjacks	One Size Only	\$5.95		
Beef and Egg White Burrito	One Size Only	\$6.95		
Breakfast Turkey Burrito	One Size Only	\$6.50		
Traditional Breakfast Burrito	One Size Only	\$6.50		
Chocolate Chip Protein Muffins	One Size Only	\$6.95		
Pumpkin Muffins	One Size Only	\$6.95		
Peanut Butter Banana Muffins	One Size Only	\$6.95		
Apple Bran Muffins	One Size Only	\$6.95		

Entrees

Chicken		Price	Quantity	Special Requests
Rodeo Grilled Chicken w/ Yams	Large	\$10.95		
	Small	\$8.95		
	6oz + Veggie	\$9.95		
	Pound	\$11.95		
Bodybuilder Chicken w/ Yams	Large	\$10.95		
	Small	\$8.95		
	6oz + Veggie	\$9.95		
	Pound	\$11.95		
Buffalo Chicken w/ Basmati Rice	Large	\$10.95		
	Small	\$8.95		
	6oz + Veggie	\$9.95		
	Pound	\$12.95		



Entrees

Chicken Cont.		Price	Quantity	Special Requests
Chicken Parmesan w/ Angel Hair Pasta	Large	\$11.50		
	Small	\$9.50		
	6oz + Veggie	\$10.50		
	Pound	\$12.95		
Chicken Sausage Jambalaya	One Size Only	\$11.95		
Cuban Chicken	One Size Only	\$11.95		
Thai Basil	One Size Only	\$9.95		
Chicken Enchiladas w/ Mexican Veggies	One Size Only	\$10.95		
Chicken Jalapeno Burger w/ Veggies	One Size Only	\$9.95		
Chicken Jalapeno Burger ONLY	One Size Only	\$6.95		
King Ranch w/ Green Beans	One Size Only	\$11.50		
Chicken Fettuccine	One Size Only	\$10.50		
Jalapeno Pasta w/ Chicken Sausage & Chicken	One Size Only	\$10.95		
Lorena's Frijoles	One Size Only	\$9.95		

Beef		Price	Quantity	Special Requests
Chipotle and Garlic Beef Tenderloin	Large	\$16.95		
	6oz + Veggie	\$14.95		
	Protein Only	\$14.95		
Beef Lasagna + Veggie	Large	\$11.50		
	Small	\$9.95		
	Solo	\$9.95		
Angel Hair Pasta w/ Meatballs	Large	\$11.50		
	Small	\$8.95		
	Protein Only	\$9.50		
Sizzling Sirloin with Basmati Rice	Large	\$11.95		
	Small	\$9.50		



Beef Cont.		Price	Quantity	Special Requests
Bunless Burkey	Large	\$11.95		
	6oz + Veggie	\$11.95		
Paelo Style Meatballs w/ Brussel Sprouts	One Size Only	\$10.95		
Ginger Beef Bowl	One Size Only	\$12.95		
Beef Meatloaf	One Size Only	\$12.95		
Beef Chili	One Size Only	\$9.95		

Turkey		Price	Quantity	Special Requests
Sweet and Tangy Turkey w/ Rice	Large	\$11.50		
	Small	\$9.50		
	6oz + Veggie	\$9.95		
	Pound	\$12.95		
Turkey Spaghetti	Large	\$10.95		
	Small	\$9.50		
Turkey Lasagna + Veggie	Large	\$11.50		
	Small	\$9.95		
	Solo	\$9.95		
Sizzling Turkey	Large	\$10.95		
	Small	\$8.95		
Turkey Chili	One Size Only	\$9.95		



Seafood		Price	Quantity	Special Requests
Blackened Salmon (6oz) w/ Rice and Veggies	One Size Only	\$12.95		
Blackened Salmon w/ Veggies	One Size Only	\$13.95		
Shrimp Brochette w/ Green Beans	One Size Only	\$12.95		
	Protein Only	\$11.95		
Shrimp Fettuccine	One Size Only	\$12.95		
Shrimp Risotto	One Size Only	\$13.95		

Carbohydrates

Options		Price	Quantity	Special Requests
Rosemary Potatoes	One Size Only	\$2.50		
Roasted Yam Wedges	One Size Only	\$2.50		
Basmati Rice w/ Dried Cranberries	One Size Only	\$2.50		
Basmati Rice w/ Veggies	One Size Only	\$2.50		
Pasta w/ Marinara	One Size Only	\$2.50		
Fettuccine Alfredo	One Size Only	\$2.50		
Jalapeno Pasta	One Size Only	\$2.50		
Sweet Kernel Corn	One Size Only	\$2.50		
Potato Cauliflower Mash	One Size Only	\$2.50		
Plain Brown Rice	One Size Only	\$2.50		
Broccoli	One Size Only	\$2.50		
Green Beans	One Size Only	\$2.50		
Roasted Kale	One Size Only	\$2.50		



Snacks

Options		Price	Quantity	Special Requests
Chicken Jalapeno Quesadillas	One Size Only	\$6.95		
Iconic Protein Shake	One Size Only	\$3.00		

Burritos

Options		Price	Quantity	Special Requests
Spicy BBQ	One Size Only	\$6.50		
Classic Chicken	One Size Only	\$6.50		
Classic Steak	One Size Only	\$7.95		
Red Bean and Cheddar	One Size Only	\$4.95		
Snack Chicken	One Size Only	\$3.95		

Pizzas

Options		Price	Quantity	Special Requests
Cheese	One Size Only	\$7.95		
Turkey Bacon and Jalapeno	One Size Only	\$7.95		
Turkey Pepperoni	One Size Only	\$7.95		
Spinach and Low Fat Feta	One Size Only	\$7.95		

Desserts

Options		Price	Quantity	Special Requests
Chocolate Fudge Protein Pudding	One Size Only	\$3.95		
Cookies and Cream Protein Pudding	One Size Only	\$3.95		
Strawberry Cheesecake Protein Pudding	One Size Only	\$3.95		
Mix of Three	One Size Only	\$10.95		
Gluten Friendly Chocolate Pound Cake	One Size Only	\$4.50		
	3 Pack	\$11.95		
Lucious Lean Lemon Pound Cake	One Size Only	\$4.50		
	3 Pack	\$11.95		
Mom's Favorite Peanut Butter Snack	One Size Only	\$2.95		
	3 Pack	\$7.95		



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