



Meals To Go

3042 Market Ave.
Fayetteville, AR 72701
479-443-0000

*Order by Wednesday for Saturday Pickup
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MEAT MARKET, INC.

Name: _____
Phone: _____
Email: _____

Bring your order form by the shop or

Scan and email to: RichardsMeatMarket@att.net

PROTEINS	PRICES (Cooked Weight)	BREAKFAST	PRICES	PROTIEN SEASONINGS
Chicken Breast (baked)	\$.50/oz	Egg Whites 1/2 cup (3-4 whites)	\$.90/serving	Coffee Seasoning
Lean Beef Steak (grilled)	\$1.50/oz	Turkey Sausage 1.5 oz.	\$.70/each	Garlic Seasoning
Ground Turkey Patty (baked)	\$1.15/oz	Veggies for Omelet	\$.50 per omelet	50/50 (coffee garlic)
Salmon (baked)	\$1.70/oz	(mushroom, onion, green pepper, spinach)		Veggie & Chicken Seasoning
Smoked Shredded Chicken	\$.50/oz	Cheese for Omelet (Colby Jack)	\$.70/serving	Cajun Seasoning
		Oatmeal (1 cup cooked)	\$.70/serving	Fish Seasoning
				Lemon Pepper
COMPLEX CARBS	PRICES (Cooked Weight)	STEAMED VEGGIES	PRICES (Cooked Weight)	CARB & VEGGIE SEASONINGS
Boiled White Potatoes	\$.25/oz	Mixed Veggies	\$.35/oz	Salt & Pepper
Mashed White Potatoes	\$.25/oz	Brussels Sprouts	\$.30/oz	Veggie & Chicken Seasoning
Boiled Red Potatoes	\$.25/oz	Broccoli	\$.40/oz	Garlic Seasoning
Roasted Sweet Potatoes	\$.35/oz	Cauliflower	\$.40/oz	Cajun Seasoning
Mashed Sweet Potatoes	\$.25/oz	Asparagus	\$.55/oz	Lemon Pepper
Brown Rice (1 cup cooked)	\$.40/serving			
MEAL 1	PROTEIN:		SEASONING:	OUNCES:
Qty:	CARBS:		SEASONING:	OUNCES:
	VEGETABLES:		SEASONING:	OUNCES:
MEAL 2	PROTEIN:		SEASONING:	OUNCES:
Qty:	CARBS:		SEASONING:	OUNCES:
	VEGETABLES:		SEASONING:	OUNCES:
MEAL 3	PROTEIN:		SEASONING:	OUNCES:
Qty:	CARBS:		SEASONING:	OUNCES:
	VEGETABLES:		SEASONING:	OUNCES:
MEAL 4	PROTEIN:		SEASONING:	OUNCES:
Qty:	CARBS:		SEASONING:	OUNCES:
	VEGETABLES:		SEASONING:	OUNCES:
MEAL 5	PROTEIN:		SEASONING:	OUNCES:
Qty:	CARBS:		SEASONING:	OUNCES:
	VEGETABLES:		SEASONING:	OUNCES:
MEAL 6	PROTEIN:		SEASONING:	OUNCES:
Qty:	CARBS:		SEASONING:	OUNCES:
	VEGETABLES:		SEASONING:	OUNCES: