



b. prepared

a healthy meal service
by blackie's.

thoughtful, Chef-crafted meals to fit your lifestyle.

*all items are **gluten free**. other dietary restrictions are clearly marked.*

available for pick up every
Thursday & Sunday.





meal prep weekly features.

thai inspired ground turkey lettuce wraps

seasoned ground turkey | crisp lettuce leaves |
shredded heirloom carrot | ripe avocado | pickled red onion |
water chestnuts | stir fry sauce for drizzling | veggie "fried rice"

serves as one complete meal selection

p | k

summer veggie selections:

steamed green beans | p | k | v

shaved Brussels sprouts with lemon & herby oil | p | k | v

zucchini & summer squash braised in heirloom tomato sauce
with nutritional yeast | p | k | v



because you deserve a small sweet treat.

vanilla bean pannacotta (coconut milk based) | 4 oz.
naturally sweetened, seasonal fruit compote

*order as a meal selection

or add it to your order | 4*

p | k | v



k - keto
p - paleo
v - vegan



proteins.

black garlic brined, marinated and seared steak tips (5 oz.) p | k
add an extra 5 ounces | +5

grilled, herby-oiled chicken breast (5 oz.) p | k

four grilled, marinated shrimp | p | k

grilled or seared, simply-spiced salmon (4 oz.) p | k

authentic pulled pork carnitas (5 oz.) p | k

vegan inspired jackfruit carnitas (5 oz.) p | v | k

simply seasoned brisket, chuck and short rib blend ground beef (5 oz.) p | k

jackfruit veggie burger patty (7 oz.) | p | v |

ground, simply spiced turkey (5 oz.) | p | k

baked haddock with lemon herb broth (6 oz) | p | k

simple, clean carbs.


butter **OR** olive oil jasmine rice | v

quinoa pilaf | p | v

“nym chow” inspired rice noodles | v

spiced, roasted sweet potato wedges | p | v

spaghetti squash “baked ziti” style
with plum tomato sauce, fresh basil
and nutritional yeast | p | v | k



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low carb veggie sides.

carnitas salad | p | k | v
shredded kale | cabbage | carrot | celery | onion | cauliflower |
roasted lemon vinaigrette

brined, charred cauliflower with herby oil | p | v | k

zucchini noodles with garlic & olive oil **OR** plum tomato sauce | p | v | k

ripe, juicy watermelon | p | v | k

English cucumber with freshly squished guac | p | v | k

smoky salsa verde and veggie sticks for dippin' | p | v | k

½ clean machine salad | p | v
green kale | roasted lemon vinaigrette | cucumber |
quinoa | avocado | roasted, whole almonds | apple | strawberries |
pomegranate arils | red onion

fresh garden salad | p | v | k
romaine | cucumbers | shredded heirloom carrots | grape tomato | red onion

your choice of dressing:

paleo & vegan - balsamic vinaigrette | red wine vinaigrette |
roasted lemon vinaigrette | roasted pineapple vinaigrette
keto - balsamic vinaigrette | red wine vinaigrette | bleu cheese | ranch

sliced, ripe avocado | p | v | k

“taco-spiced” cauliflower rice | p | v | k

heirloom tomato slices with herby oil | p | v | k

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chef's recommended combos.

option one:

authentic pork carnitas, carnitas salad, sliced ripe avocado
(sauce: salsa verde) | k | p

option two:

ground beef blend, taco spiced cauli rice, guac & cukes | p | k

option three:

grilled chicken breast, sweet potato wedges, ripe watermelon
(sauce: calabrian chili vinaigrette) | p

option four:


shrimp **or** salmon, nym chow noodles, ½ clean machine salad | p

option five:

grilled chicken, olive oil rice, heirloom tomato slices
(sauce: lemony tahini)

option six:

jackfruit carnitas, olive oil rice,
guac and cukes | v



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make it saucy.

I know it's all about the dippin', so I crafted these tasty, vibrant sauces you can literally plunge anything into. Every option is sugar, dairy free, and vegan, made with great olive oil, and designed to leave you with zero guilt!

with cheffy love,

a.a.

stir fry sauce - mushroom tamari, seaweed broth and garlic

Calabrian chili vinaigrette - crushed Calabrian chili peppers, vinegar and olive oil

smoky salsa verde - smoked tomatillos, olive oil, garlic, lime and cilantro

lemony tahini - sesame seed paste, fresh lemon, olive oil, cumin & coriander

herby oil - olive oil, freshly chopped herbs and crushed red pepper flakes

choose a protein and two sides for each meal.

three meals & two sauces | 45


five meals & three sauces | 70

order by **Tuesday** for pickup on **Thursday**.

order by **Friday** for pickup on **Sunday**.

email "info@eatatblackies.com" to order.

please include a phone number



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