

Jamie's Wholesome Meals and Treats

Jamie Lund, Meal Prep Chef / Dietitian / Nutrition and Health Coach

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- My mission for meal services is to provide delicious high quality homemade prepared foods that will nourish and revitalize you, stabilize your blood sugar, satisfy your cravings, help you manage your weight and decrease inflammation.
- Made with premium gluten free ingredients
- Paleo / Keto / Vegetarian options
- *Customized meals and meal plans available*
- All foods are available for both delivery and pick up in the Detroit Metro area.
- \$50 minimum order for pick-up / \$75 minimum order for delivery
- Call, text or email for additional details or questions.

SIGNATURE MENU

Mains – chicken, steak and fish come with any 2 sides.

(4oz meat portions cooked)

Juicy Pan Seared Chicken Breast \$10

(chicken, ghee, spices; marinade: olive oil, lemon Juice, garlic, sea salt, pepper, raw honey)



Grilled Steak \$11

(steak, garlic powder, sea salt, pepper; marinade: olive oil, lemon juice, Bragg's liquid aminos, Worcestershire sauce, garlic, Italian seasonings, onion powder)



Pan Seared Salmon with Lemon Butter Sauce \$12

(wild caught salmon, butter, shallots, lemon, heavy whipping cream, garlic, fresh dill, sea salt, pepper)



Sides

(80 grams / ¼ cup cooked)



Seasoned Roasted Sweet Potatoes

(sweet potatoes, seasonings, sea salt, pepper, coconut oil)



Herbed Brown Rice Pilaf

(organic brown rice, onions, butter, garlic, carrots, lemon juice, fresh rosemary, chicken broth, thyme, carrots, parsley, sea salt)



Yukon Gold Mashed Potatoes

(Yukon potatoes, organic whole milk, garlic, butter, sea salt, pepper)



Organic Green Beans

(green beans, butter, sea salt, pepper, garlic powder)



Organic Broccoli

(broccoli, butter, garlic powder, sea salt, pepper)

Quinoa Bowls – alternate each week

(1 ½ cup portions)



Mexican Bowl \$9

(organic quinoa, red bell peppers, black beans, organic corn, onions, salsa, garlic, natural taco seasonings served with a side of garnishes: choice of cheddar cheese, cilantro, chopped green onions, sour cream)

Add sliced chicken \$2



Pizza Bowl \$9

(organic quinoa, chicken stalk, pizza sauce, choice of toppings: pepperoni, red onion, mushroom, bell pepper, black olives, garlic, red pepper flakes, mozzarella cheese, feta cheese))



Mediterranean Bowl \$9

(organic quinoa, vegetable broth, shiitake mushrooms, carrots, tomatoes, hemp seeds, red onions, black olives, organic spinach, parsley, EV olive oil, sea salt, pepper)

Add sliced chicken \$2

Pasta Dishes – alternate each week
(1 ½ cup portions)



Beef Bolognese \$9

(grass fed ground beef, yellow onions, carrots, celery, garlic, dry red wine, crushed tomatoes, tomato paste, heavy cream, EV olive oil, sea salt, pepper, brown rice penne)



Pasta Primavera \$9

(zucchini, yellow squash, bell peppers, broccoli, fresh basil, parmesan cheese, Garlic, butter, lemon juice, EV olive oil, Italian seasonings, sea salt, pepper, brown rice penne)

Add sliced chicken \$2



Veggie Alfredo Lasagna \$10

(cauliflower alfredo sauce: cauliflower, vegetable broth, garlic, butter, heavy cream, parmesan cheese, sea salt; lasagna: brown rice lasagna noodles, organic spinach and kale, carrots, fresh and canned tomatoes, mozzarella, provolone, parmesan cheeses, sea salt, pepper)

Salads – alternate each week
2 ½ cup portions



Greek Salad with Greek Vinaigrette \$9

(organic spring mix, feta cheese, beets, kalamata olives, red onion, cucumber, grape tomatoes, EV olive oil, red wine vinegar, lemon juice, garlic, spices)

Add sliced seasoned chicken \$2



Chopped Thai Salad with Sesame Vinaigrette \$10

(organic kale, carrots, organic edamame beans, red and yellow bell peppers, green onions, cilantro, cashews, avocado oil, garlic, Bragg's liquid aminos, white wine vinegar, lemongrass paste, sesame oil, raw honey)



Strawberry Goat Cheese Salad with a Poppyseed Dressing \$9

(organic spinach, strawberries, goat cheese, sliced almonds, red onions, avocado oil, apple cider vinegar, raw honey, poppyseeds)

Soup / Chili of the week \$4 cup (8 oz) / \$6 bowl (12 oz)



Cakes- \$4 per slice \$40 per cake

Carrot Cake with Honey Cream Cheese Frosting

(cake: almond flour, organic free-range eggs, carrots, maple syrup, raisins, walnuts, avocado oil, cinnamon, nutmeg, sea salt, baking powder; frosting: cream cheese, butter, raw honey, vanilla, sea salt)



Keto Cheesecake

(cream cheese, organic free-range eggs, powdered erythritol, sour cream, vanilla, lemon juice, fresh strawberry slices; crust: almond flour, granulated erythritol, butter, vanilla, cinnamon)



Treats and Snacks

Peanut Butter Chocolate Chip Protein Cookies

\$2 each, \$20 per dozen

(*natural peanut butter, vanilla, coconut sugar, whey protein, arrowroot flour, organic free-range eggs, dark chocolate chips, sea salt, baking soda*)



Cinnamon Sugar Paleo Protein Donuts

\$2 each, \$20 per dozen

(almond flour, organic free-range eggs, vanilla, stevia, baking soda, cinnamon, coconut sugar, coconut oil)



Treat or Snack of the week (prices vary)

(cookies, pies, muffins, bars, cakes, puddings, parfaits)