

LUNCHBOX \$7 ^{GF}

Chicken, cheddar cheese, carrots, grapes, apple, hard-boiled egg, and almond butter.
Macros: 499 Calories, 38g protein, 39g carbs, 22g fat

LUNCH & DINNER CHOICES

Choose a protein, a carbohydrate, and a vegetable for each meal.
Minimum order amount: 5 meals.
\$9 per meal.

HOW IT WORKS:

STEP 1:

We take care of the daily cooking.

STEP 2:

Choose your favorite meal options from our large menu variety.

STEP 3:

Head over to www.Nutri-Meals.com and place your order by Thursday each week.

STEP 4:

We deliver to your door every Sunday.
•If your home location isn't listed on our website, please contact Michelle:
Michelle@nutri-meals.com to make arrangements for pickup or delivery.

STEP 5:

Heat your meals and enjoy!

We Offer Customized Nutrition Coaching Tailored To Your Goals

The foods we eat have a great impact on our mood, our performance, our energy levels, and our aesthetics. With one-on-one nutrition coaching, you will receive a customized nutrition plan that's tailored to your specific goals and lifestyle from a certified nutrition coach.

- Learn to eat the macronutrients (protein, carbs, and fat) your body needs in just the right amounts in order to achieve your goals. Whether you're looking to lose weight, gain muscle, or maintain your current weight, I have a customized plan for you!
- This includes daily accountability and being able to create healthier habits that will last a lifetime – without having to give up your favorite foods!
- Improve your relationship with food and learn to be confident in your daily nutrition choices.

Are you ready to start looking and feeling your best?
Contact me today!
Coaching@nutri-meals.com



MICHELLE RIVELLI
FOUNDER/OWNER NUTRI-MEALS

IT'S ALL ABOUT MAKING PEOPLE'S LIVES EASIER & HEALTHIER.

As a nutrition coach, I constantly hear from people that they want to eat better, but they don't have the time to do all the cooking, prepping, and meal portioning for each day. I then came up with a solution: Produce healthy, portion-controlled meals that were ready to heat up and eat wherever you are.

Working out is only part of the equation to live a healthier lifestyle. If you're really looking to lose weight, gain muscle, or simply just live healthier, it all starts in the kitchen. I believe that meal prep truly is the key to success when you're looking to reach your health and fitness goals.

Cooking, nutrition, and fitness have been passions of mine for as long as I can remember. I started off by cooking macro-friendly meals for my nutrition coaching clients and close friends that didn't have the time, knowledge, or care about cooking. Then, in 2017, I started cooking healthy, precooked & portion-controlled meals for many more people and their families that wanted to live healthier lifestyles and reach their health and fitness goals.

My goal here with Nutri-Meals is to make each person healthier one meal at a time. Whether you're looking to lose weight, gain muscle, live healthier, or just don't have the time to prepare healthy, ready-to-eat meals in your fridge, Nutri-Meals has you covered. I appreciate your business and promise to provide you with excellent customer service each time you order.



Let's Be Friends



Connect with us on social media for nutrition tips, new menu items, and discounts throughout the year.
[@nutrimeals.il](https://www.instagram.com/nutrimeals)

Would you like a Thursday text reminder to place your meal order?
Text "REMIND ME" to
(847)609.5138



BREAKFAST

Breakfast meals are \$7

Protein Waffles, Chicken Sausage, & Hash Browns - DF

Protein waffles served with a side of chicken breakfast sausage links and shredded hash browns.

Macros: 400 Calories, 22g protein, 43g carbs, 16g fat

Egg White Muffins, Chicken Sausage, & Hash Browns - GF, DF

Two scrambled egg white muffins served with a side of breakfast chicken sausage and shredded hash browns.

Macros: 260 Calories, 18g protein, 13g carbs, 14g fat

Ham & Cheese Whole Egg Muffins, Bacon, & Hash Browns- GF

Two scrambled egg muffins with honey ham and cheddar cheese.

Served with a side of crispy, center-cut bacon and shredded hash browns.

Macros: 472 Calories, 27g protein, 14g carbs, 35g fat

PROTEIN

Tomato, Basil, Mozzarella Chicken- GF

Italian seasoned chicken breast topped with fresh basil, tomato slices, and melted mozzarella cheese.

Macros: 166 Calories, 26g protein, 4g carbs, 4g fat

Pizza Chicken- GF

Chicken breast topped with tomato sauce, turkey pepperoni, and mozzarella cheese.

Macros: 260 Calories, 37g protein, 6g carbs, 10g fat

Bacon Chicken- GF, DF, S

Cajun seasoned chicken topped with bacon.

Macros: 160 Calories, 30g protein, 0g carbs, 5g fat

Ground Turkey Taco Bowl

Taco seasoned ground turkey sprinkled with a blend of Mexican cheeses. Served with a side of mild salsa.

Macros: 241 Calories, 26g protein, 10g carbs, 11g fat

Chicken Cordon Bleu

Ham & mozzarella layered over a breadcrumb-crusted chicken breast. Served with a side of honey mustard.

Macros: 325 Calories, 35g protein, 22g carbs, 10g fat

Pesto Chicken- GF

Baked Chicken topped with fresh pesto, tomatoes, and shredded mozzarella cheese.

Macros: 324 Calories, 33g protein, 6g carbs, 18g fat

Cilantro Lime Chicken- GF, DF

Chicken breast tossed in cilantro and lime juice.

Macros: 116 Calories, 24g protein, 1g carbs, 1g fat

Cubano Chicken

Pickles, thin sliced ham, and mozzarella cheese layered over a breadcrumb-crusted chicken breast.

Macros: 243 Calories, 33g protein, 13g carbs, 5g fat

Cheddar Ranch Chicken

Ranch seasoning & breadcrumb-crusted chicken topped with shredded cheddar cheese.

Macros: 295 Calories, 30g protein, 20g carbs, 8g fat

Broccoli & Cheddar Chicken

Broccoli and shredded cheddar cheese layered over a breadcrumb-crusted chicken breast.

Macros: 228 Calories, 30g protein, 12g carbs, 6g fat

Caprese Chicken- GF

Balsamic-tossed chicken topped with grape tomatoes, white cheese, and fresh basil sprinkled on top.

Macros: 222 Calories, 28g protein, 6g carbs, 8g fat

Hawaiian Chicken- GF

Chicken breast tossed in BBQ sauce and topped with pineapple and shredded mozzarella cheese.

Macros: 215 Calories, 28g protein, 16g carbs, 4g fat

Fajita Chicken- GF, DF

Fajita seasoned chicken topped with bell peppers and onions.

Macros: 114 Calories, 23g protein, 1g carbs, 1g fat

Chicken Parmesan

Breadcrumb-crusted chicken topped with fresh tomato sauce and mozzarella cheese.

Macros: 273 Calories, 35g protein, 14g carbs, 9g fat

Ground Turkey Stuffed Peppers

Seasoned ground turkey mixed with marinara and brown rice & stuffed into a bell pepper. Topped with mozzarella cheese.

Macros: 295 Calories, 28g protein, 15g carbs, 14g fat

Sesame Teriyaki Chicken- DF

Chicken breast tossed in teriyaki sauce and sesame seeds.

Macros: 160 Calories, 24g protein, 14g carbs, 1g fat

Bacon Ranch Chicken- GF

Chicken breast smothered in calorie-friendly ranch dressing and topped with crispy bacon.

Macros: 220 Calories, 30g protein, 4g carbs, 10g fat

Sweet Chili Meatballs- DF, S

Ground turkey meatballs tossed in a sweet chili sauce.

Macros: 268 Calories, 25g protein, 25g carbs, 8g fat

BBQ Meatballs- DF

Ground turkey meatballs tossed in BBQ sauce.

Macros: 213 Calories, 25g protein, 11g carbs, 8g fat

Buffalo Meatballs- DF, S

Ground turkey meatballs tossed in our spicy buffalo sauce.

Macros: 228 Calories, 25g protein, 7g carbs, 12g fat

Enchilada Chicken- GF

Chicken breast tossed in green chile enchilada sauce and topped with a blend of Mexican cheeses.

Macros: 230 Calories, 30g protein, 3g carbs, 10g fat

Buffalo Chicken- GF, DF, S

Chicken breast tossed in our spicy buffalo sauce.

Macros: 150 Calories, 24g protein, 2g carbs, 5g fat

Honey Mustard Chicken- GF, DF

Chicken breast tossed in our sweet honey mustard sauce.

Macros: 190 Calories, 24g protein, 9g carbs, 5g fat

Lemon & Herb Chicken- GF, DF

Chicken breast marinated in lemon juice and herbs.

Macros: 133 Calories, 24g protein, 5g carbs, 5g fat

Cajun Seasoned Chicken- GF, DF, S

Chicken breast seasoned with spicy Cajun seasoning.

Macros: 110 Calories, 25g protein, 0g carbs, 1g fat

Queso Baked Chicken- GF

Chicken breast topped with melted queso and mild salsa for flavor.

Macros: 155 Calories, 26g protein, 4g carbs, 4g fat

Baked Chicken Strips- GF, DF

Seasoned chicken breast served with a side of BBQ sauce.

Macros: 110 Calories, 24g protein, 0g carbs, 1g fat

BBQ Sauce Macros: 25 Calories, 0g protein, 6g carbs, 0g fat

Guacamole Chicken- GF, DF

Seasoned chicken breast topped with flavorful guacamole.

Macros: 230 Calories, 26g protein, 3g carbs, 13g fat

Rotisserie Seasoned Chicken- GF, DF

Chicken breast seasoned in a rotisserie chicken seasoning blend.

Macros: 115 Calories, 25g protein, 0g carbs, 1g fat

Baked Salsa Chicken- GF, DF

Chicken breast topped with a mild salsa.

Macros: 130 Calories, 24g protein, 4g carbs, 1g fat

Philly Cheesesteak Chicken- GF

Chicken breast tossed in white queso and topped with seasoned bell peppers.

Macros: 221 Calories, 27g protein, 3g carbs, 12g fat

GF = GLUTEN FREE | DF = DAIRY FREE | S = SPICY

MEALS WITH CARBS ALREADY INCLUDED

Meals that already include a carbohydrate are listed below. Choose a vegetable for your side.

Pizza Bowl- GF

Seasoned ground turkey with marinara, pizza-spiced white rice, portion-controlled turkey pepperoni, mozzarella & parmesan cheese.

Macros: 436 Calories, 36g protein, 40g carbs, 17g fat

Chicken Stir Fry- DF

Teriyaki chicken mixed with white rice, stir fry vegetables, and liquid aminos.

Macros: 400 Calories, 36g protein, 64g carbs, 1g fat

Ground Turkey Bolognese Pasta- DF

Ground turkey tossed in fresh red sauce and served over whole wheat penne pasta.

Macros: 440 Calories, 31g protein, 51g carbs, 13g fat

Buffalo Chicken Pasta- DF, S

Ranch seasoned chicken & whole wheat pasta tossed in our spicy buffalo sauce.

Macros: 380 Calories, 32g protein, 44g carbs, 8g fat

Cheeseburger Bowl- GF

White rice, burger seasoned ground turkey, shredded cheddar cheese, pickles, & topped with red onion. Side of ketchup & mustard.

Macros: 379 Calories, 28g protein, 40g carbs, 12g fat

Queso Turkey Burrito Bowl

Taco seasoned ground turkey over white rice and topped with black beans, sweet corn, bell peppers, and white queso.

Macros: 479 Calories, 34g protein, 55g carbs, 14g fat

VEGETABLES

Broccoli

Macros: 30 Calories, 4g protein, 4g carbs, 0g fat

Green Beans

Macros: 30 Calories, 1g protein, 6g carbs, 0g fat

Peas

Macros: 70 Calories, 5g protein, 12g carbs, 0g fat

Mixed Veggies

(Broccoli, Cauliflower, Carrots, & Yellow Squash)

Macros: 40 Calories, 3g protein, 7g carbs, 0g fat

Zucchini

Macros: 37 Calories, 2g protein, 7g carbs, 0g fat

CARBOHYDRATES

Cilantro Lime White Rice- GF, DF

Macros: 154 Calories, 3g protein, 34g carbs, 0g fat

Cilantro Lime Brown Rice- GF, DF

Macros: 162 Calories, 4g protein, 34g carbs, 1g fat

White Rice- GF, DF

Macros: 154 Calories, 3g protein, 34g carbs, 0g fat

Brown Rice- GF, DF

Macros: 162 Calories, 4g protein, 34g carbs, 1g fat

Black Beans- GF, DF

Macros: 130 Calories, 8g protein, 23g carbs, 0g fat

Whole Wheat Penne Pasta with Red Sauce

Macros: 290 Calories, 9g protein, 51g carbs, 5g fat

x2 Veggie Option- GF, DF

Macros: Refer to vegetables