

EAT WELL. STAY FIT.

PRIMECORE

NUTRITION

Client Name: _____
 Phone Number: _____
 Email Address: _____
 Delivery Date: _____
 Delivery Location: _____

Build Your Primecore Signature Meal

Starting at \$7/per meal

A Primecore Signature Meal consists of 4-5 oz. protein, 2 oz. smart carbs and veggies. We also have large meals consisting of 8 oz. protein, 4 oz. smart carbs and veggies for \$10.

If you have a specific allergies, please let me know in advance so that your meal(s) can be planned accordingly.

SAVING ORDER FORM: After you've input your order into the form, it's important that you save it correctly so that Primecore receives your order.

Go to **File > Save As >** Then add your name to the end of the File Name. Primecore_MOF_[ENTER YOUR NAME HERE].pdf > Click **Save**.

Go to the location you saved the PDF and open to check that your information is there. If complete, attach form in email and send to Primecore.

If sending your order via text message, use preferred text format:
 Sample: M1 P1/C3/V2. M2 P4/C4/V5. ...

Delivery on Sunday / Monday / Wednesday.
 Please specify your delivery location above.
 Place your order by **MIDNIGHT ON THURSDAY**.

Send forms to **Pauline Nguyen** via text or email.

Text Message: (504)289-3346 | **Email:** PrimecoreNutrition@gmail.com

PROTEINS

- P1. Grilled Chicken Breast
- P2. Grilled Pork Loin
- P3. Roasted Turkey Breast
- P4. Sliced Filet Mignon
- P5. Lean Ground Beef
- P6. Lean Ground Turkey
- P7. Grilled Salmon (Add \$3)
- P8. Grilled Bison Patty (Add \$3)

SMART CARBS

- C1. Quinoa
- C2. Brown Rice
- C3. Sweet Potatoes
- C4. Roasted Red Potatoes
- C5. Whole Wheat Penna Pasta

VEGGIES

- V1. Asparagus
- V2. Brussels Sprouts
- V3. Broccoli
- V4. Green Beans
- V5. Mixed Vegetables

ALA CARTE

- A1. Grilled Chicken w/ Coconut Rice, Cucumber Slices and Cilantro in Whole Wheat Tortilla served w/ side of Peanut Sauce.
\$9
- A2. Lean Ground Turkey & Egg White Breakfast Wraps (2) topped w/ Fat Free Cheese on Wheat Tortilla w/ side of Salsa
\$7

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
P					
C					
V					

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
P					
C					
V					

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
P					
C					
V					

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
P					
C					
V					