

Fit Food Favorites

Freshly Cooked Meals On Your Terms!
401-368-5458 | SarcasticSweets@gmail.com

Step One: Select Your Option

All Work for Me | No Work for You

I purchase all the food items, I provide you with a receipt for the groceries purchased, I prepare them, and I deliver them in individually packaged or in disposable casserole dishes

\$20-\$50

Help Me Help You Meals

You purchase all the food items, you drop them off to me, and I prepare all of the food for, and you pick them up either individually packaged or in disposable casserole dishes.

\$10-\$25

Step Two: Choose Meal (*Vegetarian Option Available)

Breakfast Options:

- Breakfast Platters 10-15 ppl (party size determines final pricing)
- Mini croissants
- Mini Danish
- Sausage and cheese or veggie and cheese biscuit bites: \$10-20
- Fresh fruit cups/ trays with homemade granola bowl
- Individual or whole quiche or frittata
- Assorted Standard Muffins (banana nut, blueberry, cran-orange Walnut, banana chocolate chip, pistachio chip, corn, blueberry corn, double chocolate, mixed berry, lemon poppy seed, peanut butter protein)

Casseroles

- Chicken/Bacon/Ranch (Mashed potato base)
- Chicken/Broccoli/Potatoes or Rice/Cheese
- Chili Cornbread*
- Baked Ziti*
- Mac n' Meat (your choice of meat)
- Buffalo Chicken
- Meatball Pasta W/ Cheese
- Chicken/Eggplant/Veal Parmesan & Pasta
- Shepherd's Pie*
- Pizza Bake*
- Pasta/veggies/cheese (seasoned tossed scampi style)

Meats

(Everything is seasoned unless requested otherwise):

- Taco meats (shrimp, chicken, beef, steak, fried fish nuggets)
- Jerk Chicken/Steak or Veggies, (Flavors available)
- Grilled or baked chicken
- Steak and peppers or steak and gravy
- Lemon garlic chicken/steak/shrimp/scallops or salmon
- Honey bourbon shrimp, chicken, steak, salmon or scallops
- Buffalo chicken (hot or cold)
- Tuna salad
- Chicken salad
- Turkey salad

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Sides

(Everything is seasoned unless requested otherwise):

- Broccoli
- Cauliflower
- Zucchini
- Ratatouille
- Asparagus
- Brussel sprouts
- Green beans
- Sweet potatoes
- Mashed potatoes
- Jasmine rice
- Baked beans
- Macaroni and cheese
- Carrots
- Spinach
- Fresh fruit salad
- Veggie mix

Soups

- Chili*
- Chicken or steak & rice
- Chicken or steak and veggies
- Chicken or turkey noodle
- Harvest veggies soup
- Chicken tortilla
- All the greens
- Tomato

Bread:

- Biscuits
- Cornbread
- Dinner rolls
- French bread
- Garlic bread

