

# FITNESS ADDICT TULSA

*Low Carb Menu*

## **ROTISSERIE CHICKEN**

*served with Steamed Broccoli*

## **CHEESY "TRASH"**

*made with ground beef, potatoes, zucchini, carrots, and  
SO MUCH Cheese!*

## **CRUSTLESS PIZZA**

*Pepperoni, Peppers, Mushrooms, in Pizza Sauce*

## **EGG WHITE BREAKFAST CASSEROLE**

## **SWEETISH**

*Sugar Free Chocolate Mousse*

*To order: text quantity of meals to 918-202-8053  
Cash App: \$Tessmack. Venmo: @TessMack  
Fitness Addict Tulsa Meal Prep*