Mr. Geez
RESTAURANT

MEAL PREP

Pick Your Meals

FOR THE WEEK

FRESH. FLAVORFUL. MADE FOR YOU.

Healthy, homemade meals
made with quality ingredients
to fuel your week.

MADE FRESH DAILY!

Where friends become family

- **HIGH PROTEIN** — FUEL YOUR GOALS
- **FRESH INGREDIENTS** — NEVER FROZEN
- **PERFECT PORTIONS** — CONVENIENT & DELICIOUS
- **SAVE TIME** — EAT WELL ALL WEEK



PICK YOUR MEALS – INDIVIDUALLY PRICED



GRILLED CHICKEN — $14
Seasoned grilled chicken, rice, broccoli



BAKED SALMON — $20
Lemon herb salmon, rice, asparagus



LEAN STEAK — $25
Grilled lean steak, rice, sweet potatoes, broccoli

PICK YOUR FAVORITES. BUILD YOUR WEEK.

You choose. We prep. You enjoy!

MR.GEEZ RESTAURANT
500 SCHUYLER AVE
LYNDHURST, NJ

201-340-4784

@Mr.Geez_eatery

Where friends become family

Mr. Geez RESTAURANT

MEAL PREP Menu

— FRESH. FLAVORFUL. MADE FOR YOU. —

Where friends become family

MADE FRESH DAILY

QUALITY INGREDIENTS. REAL RESULTS.



1 STEAK
with asparagus and chopped potatoes
$25



2 CHICKEN PARM
over whole wheat pasta
$15



3 SPAGHETTI
whole wheat or protein pasta with 90% ground beef meatballs
$15



4 GRILLED CHICKEN
with broccoli and sweet potato
$15



5 CHICKEN CUTLET
and bruschetta orzo
$15



6 GRILLED CHICKEN
broccoli brown rice
$14



7 ROASTED LEMON HERB SALMON
with broccoli and rice
$20



8 TURKEY BURGER
with broccoli and sweet potato fries
$16



9 BLACK BEAN BURGER
with broccoli and sweat potato fries
$16



10 BLUEBERRY PROTEIN PANCAKES
$10.25



11 GRILLED CHICKEN
with brown rice and sautéed spinach
$14



12 GRILLED CHICKEN
caesar salad
$16

HIGH PROTEIN — FUEL YOUR GOALS

FRESH INGREDIENTS — NEVER FROZEN

PERFECT PORTIONS — CONVENIENT & DELICIOUS

SAVE TIME — EAT WELL ALL WEEK

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WE PREP. YOU ENJOY!