



Classic Meal Plan \$6 And Rest

200 gm of protein with Choice of White or Brown rice 200gm

\$1.50 extra for Shirataki noodle 200gm or Cauliflower Rice 200gm

Regular Meal Plan Classic \$9.60 25% off when you order more than 4 meals (\$7.20 after discount)

Choice of Protein 200gm, with Green Vegetable 100gm with Choice of White or Brown Rice 200gm(\$1.50 extra for Shirataki noodle 200gm or Cauliflower Rice 200gm)

Signature Meal Plan \$12.60 25% off when you order more than 4 meals (\$9.45 after discount)

Choice of Protein 200gm, with Green Vegetable 200gm with Choice of White or Brown Rice 200gm(\$1.50 extra for Shirataki noodle 200gm or Cauliflower Rice 200gm)

PROTEIN

- 1-Low Fat Chicken breast
- 2-Low Fat Beef
- 3-Low Fat Ground Turkey Breast
- 4-Basa and Salmon Fish
- 5-Shrimp
- 6-Squid
- 7-Tofu
- 8-Imitation Crab

Vegetables

- A-Broccoli, Mix Peppers and Carrots
- B-Mushroom, Red Onion and Mix Peppers
- C-Zucchini, Green beans and Carrots
- D-Cauliflower, Cabbage and green beans
- E-Cabbage ,Mix pepper and Snap peas

You may order as many meal as you like. Our meals come in a MICROWAVABLE container and can be stored for 4 days in fridge or 3 months in a freezer. Pick up or delivery available. There will be a delivery charges of \$5. Delivery in Calgary only.

Please Call GO Grill for your MEAL PLAN at 587-480-8407