

Seagua Fit Meal Preps

Struggling To Eat Healthy? TRY OUR MEAL PREPS

*Seagua Fit Meal Preps are Balanced with the Perfect Amount of
Macronutrients*

Grab n' Go or Order Ahead for the Week!!!

Buy 5 Get One FREE!!!

Chicken Fajita

\$10.99

Cajun Grilled Chicken with Sautéed Peppers & Onions over Brown Rice Topped with Shredded Cheddar & Monterey Jack Cheese

Teriyaki Chicken

\$10.99

Grilled Teriyaki Chicken with Steamed Broccoli over Jasmine Rice Sprinkled with Black & White Sesame Seeds, Teriyaki Sauce on the Side

Marinated Chicken

\$10.99

Grilled Marinated Chicken with Roasted Brussel Sprouts and Roasted Sweet Potatoes

Chicken Supreme

\$10.99

Grilled Marinated Chicken with Fresh Mozzarella, Roasted Peppers and Fresh Basil over

Jasmine Rice Topped with a Balsamic Glaze

Grilled Flank Steak

\$10.99

Marinated Grilled Flank Steak with Grilled Asparagus over Brown Rice, Teriyaki Sauce on the Side

Grilled Shrimp

\$10.99

Grilled Marinated Shrimp with Steamed Broccoli and Carrots over Basmati Rice, Chipotle Aioli on the Side

Baked Salmon

\$11.99

Baked Salmon Filet with Grilled Asparagus over Basmati Rice with a Spicy Red Pepper Coulis

Hawaiian Veggie Burger

\$10.99

Grilled Veggie Burger with Grilled Pineapple, Roasted Sweet Potatoes and Mango Salsa

Orange Chicken

\$10.99

Crispy Chicken in our Authentic Orange Sauce with Steamed Broccoli and Toasted Sesame Seeds over Jasmine Rice

Pepper Steak Teriyaki

\$10.99

Thinly Sliced Teriyaki Steak with Peppers, Onions, Steamed Broccoli and Carrots over Brown Rice