



WEEKLY MEALS

date: _____

PICK A PLAN ... CUSTOMIZE YOUR MENU ... PICK-UP AT CAREIT

NAME & CONTACT: _____

■ 4 MEALS / WEEK	■ 8 MEALS / WEEK	■ 12 MEALS / WEEK	■ 16 MEALS / WEEK
\$50 a week at \$12.50 a meal	\$88 a week at \$11.00 a meal	\$138 a week at \$11.50 a meal	\$176 a week at \$11.00 a meal

DF dairy free GF gluten free V vegetarian VG vegan	Amount	Pickup Day	Special Notes
MEALS			
April Feature: Mexican chicken mole bowl GF & DF		M / W / F	
Careit Chef Salad with Orange Shallot Dressing GF		M / W / F	
Goat Cheese Cranberry Salad with Basil Dressing V		M / W / F	
Greek Salad V & GF		M / W / F	
Cobb Salad with Balsamic Dressing GF		M / W / F	
Korean bibimbap with turkey GF & DF		M / W / F	
Ginger beef and greens with garlic rice GF & DF		M / W / F	
Turkey Chili GF & DF		M / W / F	
Shrimp and Pork Singapore Noodles GF & DF		M / W / F	
Butter Chicken with Basmati Rice GF		M / W / F	
Tandoori Shrimp and Cauliflower Bowl GF		M / W / F	
Maui Beef Ribs, Coconut Rice and Asian Vegetables		M / W / F	
BBQ Pulled Chicken with Jalapeno Mac and Cheese		M / W / F	
Smoked Salmon and Cream cheese on a Bagel		M / W / F	
Beyond Meat Burger with Vegetables VG		M / W / F	
Winter Veggie Bowl VG		M / W / F	
Vegan Chili VG		M / W / F	
Four Cheese Tortellini V		M / W / F	
BUILD YOUR OWN – pick a protein, starch, vegetable and optional sauce			
Proteins: Chicken Breast, Turkey Breast, Grass-fed Sirloin, Salmon Filet, Veggie Patty			
Starches: Rice Medley, Roasted Baby Potatoes, Quinoa			
Vegetables: Carrots, Broccoli, Beets, Yams, Cauliflower, Brussel Sprouts, Mushrooms, Green Beans			
Sauces (add \$.50): Pesto, Siracha, Franks Red Hot, Chimichurri, BBQ Sauce			
		M / W / F	
		M / W / F	
ADD ONS			
Morning Wrap with Egg White Scramble V	\$8.00	M / W / F	
Steel Oats Oatmeal with Dried Fruit V	\$5.00	M / W / F	
Chicken Avocado Wrap	\$10.00	M / W / F	
Loaded Tuna Salad Wrap DF	\$10.00	M / W / F	
Classic Sandwich: turkey / ham / roast beef	\$10.50	M / W / F	
Berry Parfait V	\$6.00	M / W / F	
Fruit Salad GF & VG	\$5.00	M / W / F	
Vegetables with Hummus DF, GF & VG	\$5.00	M / W / F	
Meat and Cheese plate GF	\$8.00	M / W / F	
Protein bar DF & V	\$6.00	M / W / F	
Careit Cookie (2 pack) V	\$6.00	M / W / F	



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CAREIT PICK-UP LOCATION

- CRESTWOOD 9672 – 142 Street, Edmonton
- HAMPTONS 5236 – 199 Street, Edmonton
- FOX ONE 10230 – 104 Street, Edmonton

PRE-AUTHORIZED CREDIT CARD

If you aren't comfortable sending electronically, we can call to collect your information.

Please mark one VISA Master Card

Account Number _____

Expiry Date _____ / _____ 3 Digit Code _____

Card Holder Name _____

Signature _____

I hereby acknowledge that I have read and understood the terms and conditions of this plan.

TERMS & CONDITIONS

Forms must be submitted 48 hours before your pick up day. Any changes or cancellation to the meal plan must be emailed to meals@careit.ca 48 hours before pick-up day or you will be charged for your meals.

For further information on each meal item and about the plan please visit careit.ca/weeklymeals