



# 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	\$96 a week at \$12.00 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
<b>MEALS</b>			
March Feature: green salad with crispy chickpeas, Havarti cheese and a sundried tomato vinaigrette		M / W / F	
Careit Chef Salad with Orange Shallot Dressing <b>GF</b>		M / W / F	
Goat Cheese Cranberry Salad with Basil Dressing <b>V</b>		M / W / F	
Greek Salad <b>V &amp; GF</b>		M / W / F	
Cobb Salad with Balsamic Dressing <b>GF</b>		M / W / F	
Turkey Chili <b>GF &amp; DF</b>		M / W / F	
Shrimp and Pork Singapore Noodles <b>GF &amp; DF</b>		M / W / F	
Beef Stroganoff		M / W / F	
Butter Chicken with Basmati Rice <b>GF</b>		M / W / F	
Turkey, Quinoa and Egg White Hash <b>GF</b>		M / W / F	
Tandoori Shrimp and Cauliflower Bowl <b>GF</b>		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 <b>VG</b>		M / W / F	
Winter Veggie Bowl <b>VG</b>		M / W / F	
Vegan Chili <b>VG</b>		M / W / F	
Four Cheese Tortellini <b>V</b>		M / W / F	
<b>BUILD YOUR OWN – pick a protein, starch, vegetable and optional sauce</b>			
<b>Proteins:</b> Chicken Breast, Turkey Breast, Grass-fed Sirloin, Salmon Filet, Veggie Patty			
<b>Starches:</b> Rice Medley, Roasted Baby Potatoes, Quinoa			
<b>Vegetables:</b> Carrots, Broccoli, Beets, Yams, Cauliflower, Brussel Sprouts, Mushrooms, Green Beans			
<b>Sauces (add \$.50):</b> Pesto, Siracha, Franks Red Hot, Chimichurri, BBQ Sauce			
		M / W / F	
		M / W / F	
<b>ADD ONS</b>			
Morning Wrap with Egg White Scramble <b>V</b>	\$8.00	M / W / F	
Steel Oats Oatmeal with Dried Fruit <b>V</b>	\$5.00	M / W / F	
Chicken Avocado Wrap	\$10.00	M / W / F	
Loaded Tuna Salad Wrap <b>DF</b>	\$10.00	M / W / F	
Classic Sandwich: turkey / ham / roast beef	\$10.50	M / W / F	
Berry Parfait <b>V</b>	\$6.00	M / W / F	
Fruit Salad <b>GF &amp; VG</b>	\$5.00	M / W / F	
Vegetables with Hummus <b>DF, GF &amp; VG</b>	\$5.00	M / W / F	
Meat and Cheese plate <b>GF</b>	\$8.00	M / W / F	
Protein bar <b>DF &amp; V</b>	\$6.00	M / W / F	
Careit Cookie (2 pack) <b>V</b>	\$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](mailto: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](http://careit.ca/weeklymeals)**