



WEEKLY MEALS

date: _____

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

NAME & CONTACT: _____

4 MEALS PER WEEK \$12.50/meal \$50.00/week	8 MEALS PER WEEK \$12.00/meal \$96.00/week	12 MEALS PER WEEK \$11.50/meal \$138.00/week	16 MEALS PER WEEK \$11.00/meal \$176.00/week
---	---	---	---

	Amount	Pickup Day	Special Notes
MEALS			
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	
Turkey Chili GF & DF		M / W / F	
Shrimp and Pork Singapore Noodles GF & DF		M / W / F	
Beef Stew DF		M / W / F	
Butter Chicken with Basmati Rice GF		M / W / F	
Turkey, Quinoa and Egg White Hash 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	
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	

DF dairy free **GF** gluten free **V** vegetarian **VG** vegan



WEEKLY MEALS

date: _____

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

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