



# LOW CALORIE HIGH PROTEIN MEALS

## Option One \$5

Grilled Chicken Breast OR Beef Cubes  
Mixed Veggies OR Garden Salad  
Add Steamed Rice for \$1

## Option Two \$6

Sauteed Shrimp OR Fish Fillet (Tilapia)  
Mixed Veggies OR Garden Salad  
Add Steamed Rice for \$1

## Add On

Fruit Bowl (seasonal) \$5  
Boiled Egg \$1  
Mixed dry fruits \$2 (50g)

CALL FOR CUSTOM

PACKAGES AT 416-568-1062

🌐 [www.s-mkitchen.ca](http://www.s-mkitchen.ca)

