

Chef Annalise Personal Chef Services
Meal Prep Menu Selections



Weekly packages include 4 entrees and 4 sides with 2-6 servings of each.

Additional items can be added.

Poultry

- Chicken and vegetable coconut green curry
- Chicken tikka masala
- Smoked chicken enchiladas with black beans, green bell peppers
- Teriyaki chicken stir fry with veggies
- Lemon pepper chicken
- Indian butter chicken
- Smoked chicken breast
- Chicken Alfredo
- Grilled chicken tacos with mango salsa
- Thai peanut chicken stir fry
- Creamy chicken salad with celery, grapes, and toasted almonds
- Chicken parmesan with marinara sauce and spaghetti
- Cobb chicken salad with blue cheese, cherry tomatoes, buttermilk ranch
- Kung Pao chicken
- Chicken kabobs with zucchini, yellow squash, and red onion
- Chicken marsala
- Honey mustard chicken
- Buffalo chicken salad
- Mediterranean grilled chicken salad
- Crunchy mandarin chicken salad

Beef

- Citrus and cilantro marinated grilled flank steaks
- Teriyaki beef satay
- Greek-style beef meatballs
- Beef skewers (souvlaki)
- Smoked filet mignon steaks
- Smoked meatloaf
- Hawaiian-style meatballs with sweet pineapple glaze
- Beef taco salad (iceberg, tomatoes, corn, cojita, spicy lime ranch)
- Beef lasagna with marinara sauce, ricotta cheese, and mozzarella cheese
- Moussaka (Greek lasagna with eggplant, tomato sauce, beef, and creamy béchamel)
- Beef bolognese with egg noodles
- Oven roasted tri tip
- Ginger and tamari marinated tri tip
- Skirt steak salad with mixed greens, blue cheese, and balsamic vinaigrette

Pork

- Herb roasted pork tenderloin
- Smoked pork tenderloin with garlic butter
- Pork stir fry with peas and carrots
- Fried rice with veggies
- Pasta carbonara with pancetta
- Pulled pork
- Honey garlic and Dijon pork chops
- Grilled pork sliders
- Carnitas tacos with cabbage slaw
- Pork meatballs with veggies and teriyaki sauce
- Pork sausage with penne pasta and tomato sauce
- Ham and brie orzo

Fish & Seafood

- Smoked salmon filet
- Grilled salmon with lemon and garlic
- Maple Dijon salmon
- Teriyaki salmon with grilled pineapple
- Grilled cod with creamy caper sauce
- Crab cakes
- Oven roasted (or smoked) citrus and garlic salmon
- Mahi mahi with paprika and capers
- Creamy salmon salad with capers
- Ahi tuna steaks with ginger and tamari marinade
- Grilled tilapia with garlic tomato relish
- Paella
- Shrimp stir fry with veggies
- Creamy shrimp pasta
- Ahi poke bowl with sushi rice, green onions, carrots, and sesame
- Lemon garlic shrimp
- Smoked salmon pasta with dill and capers
- Tuscan butter shrimp with basil and tomatoes
- Mahi mahi with lemon caper sauce

Vegetarian

- Ratatouille
- Grilled summer veggies and gnocchi
- Veggie stir fry with peanut sauce
- Eggplant parmesan
- Cabbage, carrot, and zucchini with ginger and sesame oil marinade
- Broccoli cheddar fritters with sour cream dipping sauce
- Cheesy quesadillas with salsa

- Veggie curry
- Spinach and tomato ziti with mozzarella cheese
- Loaded grilled cauliflower (cheddar cheese, green onion, sour cream sauce)
- Falafels
- Fried rice with snow peas, carrots, red cabbage, and green onions

Soups & Stews

- Chicken chili verde with white beans
- Creamy chicken stew with gorgonzola cheese and spiced walnuts
- Chicken tortilla soup with corn, black beans, and cilantro
- Greek lemon chicken soup
- Beef stew with carrots and mushrooms
- Italian wedding soup
- Clam chowder
- Lobster bisque
- Split pea with ham
- Broccoli cheddar
- Lentil and veggie
- Beef chili

Starchy Sides

- Garlicky buttered mashed potatoes
- Steamed white rice
- White rice pilaf
- Cilantro lime rice
- Coconut rice
- Brown rice
- Roasted potatoes
- Quinoa

- Pasta
- Roasted sweet potatoes
- Roasted potato medallions infused with lemon, garlic, and thyme
- Creamy mushroom risotto
- Gnocchi

Veggie sides

- Creamy cauliflower mash
- Cauliflower rice
- Zucchini noodles
- Oven roasted broccoli
- Maple glazed carrots with fennel
- Grilled zucchini
- Roasted butternut squash
- Spaghetti squash
- Garlic sautéed asparagus
- Green beans
- Steamed broccoli
- Roasted heirloom carrots
- Roasted cauliflower
- Grilled corn on the cob
- Sautéed leeks and carrots
- Steamed beets
- Glazed brussels sprouts
- Garlic butter mushrooms
- Grilled artichoke hearts

Salads

- Caesar salad with garlicky croutons

- Mixed greens salad with goat cheese and candied pecans (with seasonal fruit)
- Strawberry and spinach salad with toasted almonds and balsamic vinaigrette
- Iceberg salad with cucumber and tomatoes and your choice of dressing (balsamic, honey mustard, blue cheese dressing, 1000 island,
- Garbanzo and orzo with cucumber and feta cheese
- Caprese salad (fresh mozzarella, tomato, basil, balsamic reduction, olive oil)
- Broccoli salad
- Coleslaw
- Watermelon and fresh mozzarella with cucumbers and white balsamic
- Roasted beet and goat cheese with mixed greens
- Antipasto chickpea salad
- Arugula and peach salad

ADD ONS

Homemade bread

Corn bread

Herbed focaccia

Buttery dinner rolls

Garlic knots with marinara sauce

Buttery biscuits

Naan bread

Blueberry muffins

Banana loaf

Apple cinnamon coffee cake

Desserts

Flourless chocolate cake with raspberries

Chocolate chip cookies

Pumpkin pie

Tennessee Honey and rye chocolate chip cookies