

Prepared Meals To Go

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Serving the Houston/Galveston/Brazoria Area

Redefining Food & Event Production

Ty's Prep Meals

TY can customize a menu just for you=Comfort, Keto, Paleo, Low Carb, Low Sodium, Low Calorie, Gluten Free, No Spice, Spicy, etc...

Comfort Foods (Full Meals) (\$12 or 1 Side \$10)

- Slow Roasted Pork w/ Loaded Mashed Potatoes
 & Green Beans
- T.Y's Home-style Meatloaf w/ Mashed Potatoes & Mixed Vegetables
- Herb Roasted Chicken 1/4's w/ Steamed Broccoli & Roasted Redskin Potatoes
 - Pan Seared Glazed Pork Tenderloin w/ Veg
 & Roasted Sweet Potatoes
 - Chicken Alfredo Pasta w/ Steamed Broccoli
 & Garlic Bread

Keto Meals (Entrees) Choice of 1 Side \$10, each additional side \$2

- T.Y's Home Style Meatloaf
- Broccoli, Cheese, Chicken & Ranch Casserole
- · Seared Chicken Breast
- · 3 Cheese Stuffed Chicken Breast
- · Low Cal BBQ Chicken
- Glazed Salmon
- Stuffed Salmon
- · Herb Crusted Port Tenderloin
- · Stuffed or Blackened Swai (whitefish)
- · Sirloin Hamburger Steak

Keto Sides

- · Cauliflower Mac n Cheese
- · Zucchini Noodles
- Cauliflower Mash
- Broccoli & Cauliflower Casserole
- · Brussel Sprouts with Bacon
- Steamed Broccoli
- Broccoli & Cheese
- · Roasted Butternut Squash