

Meal Prep Order Form



All meals approved for:

SAMANTHA TAYLOR
FITNESS

Please write legibly.

Name: _____ Email: _____
Address: _____ City: _____ Phone: (____) _____

This food is delicious, high quality, a great quantity amount per meal, healthy and convenient! You will love this, try just one week and see for yourself.

Deliver is only \$5 to the areas of Carrollwood, Land O Lakes, Wesley Chapel and Westchase.

If you choose to pick up your meals, you can pick them up at the Wesley Chapel location at 4839 Bruce B Downs Blvd, Wesley Chapel, FL 33544

Protein Options

Free Range Chicken, Grass Fed Steak, Wild Caught Salmon, Wild Caught Cod

Side Options

Roasted Vegetables Medley (based on availability)

Mushrooms, Asparagus, Green Beans, Broccoli, Zucchini, Spinach or Kale Salad

*Cheese or Avocado can also be added at no additional charge

- * Price: \$10.00 per Meal * Minimum of 5 meals per delivery * Place your order by Saturday 12pm for the following week * Pick-up days at the Wesley Chapel location to avoid the \$5 delivery charge: Monday, Thursday and Friday after 10 Am * Delivery is only \$5 per delivery and will be delivered before 8am on Mon & Thurs
- * You can get one or two deliveries a week, if you want delivery on both days, make sure you fill out both below
- * These meals are dairy free and custom to Samantha's high fat, moderate protein and low carb meal plan
- * Fill out the form, take a picture and send it to: Dirson (otbdelight@gmail.com) or scan & email it
- * Payment is made by contacting OTB café and paying over the phone call (813) 906-2229
- * Once you place one order, you can easily re-order as a customer without having to provide payment information again – customers can also get set up on auto order, if you have a regular order you want weekly

Monday Meals (write the number of the amount you want per order – total of 5 minimum)

Free Range Chicken ___ Grass Fed Steak ___ Wild Caught Salmon ___ Wild Caught Cod ___

Veggie sides...Circle the ones you want: Asparagus Green Beans Broccoli Zucchini

OR Mix it up and give me a mixture of these with my meals (circle which ones you like):

Asparagus Green Beans Broccoli Zucchini

Add Mushrooms to all veggie sides? Yes No

Add salad at no extra charge? (circle) Spinach Kale No salad

Add either of these at no extra charge? (circle) Cheese Avocado Neither

Thursday Meals (write the number of the amount you want per order – total of 5 minimum)

Free Range Chicken ___ Grass Fed Steak ___ Wild Caught Salmon ___ Wild Caught Cod ___

Veggie sides...Circle the ones you want: Asparagus Green Beans Broccoli Zucchini

OR Mix it up and give me a mixture of these with my meals (circle which ones you like):

Asparagus Green Beans Broccoli Zucchini

Add Mushrooms to all veggie sides? Yes No

Add salad at no extra charge? (circle) Spinach Kale No salad

Add either of these at no extra charge? (circle) Cheese Avocado Neither