



FIXED PRE-MADE MEAL PLAN

MENU

SINGLE SERVING MEALS

5 MEALS WEEKLY PLAN

MEAL 1:

CREAMY ALFREDO PASTA

Filled with your choice of protein, bell peppers, and broccoli topped with Parmesan cheese. Served with your choice of fettuccine or linguine

MEAL 2:

JOLLOF RICE OF GOLD COAST

Jasmine rice cooked in a savory spiced tomato stew with onions, chilis, and mixed vegetables.

MEAL 3:

ASHLEY’S SIGNATURE BAKED MAC N’ CHEESE

Rich, creamy, and tasty topped with sharp cheddar cheese, breadcrumbs, and parsley flakes

MEAL 4:

INDULGE N’ SIGNATURE WINGS

"Daddy’s Favorite" (Infused with a blend of ethnic spices - basil, ginger, tikka masala spice, and more) 10 pieces

MEAL 5:

CHILLI CHICKEN

Tender fried boneless chicken bites cooked in an aromatic sweet, spicy, and tangy chili sauce with green bell peppers, onions, and chilis. Served with your choice of white rice or spaghetti

MEAL 1:

JOLLOF RICE OF GOLD COAST

Jasmine rice cooked in a savory spiced tomato stew with onions, chilis, and mixed vegetables.

MEAL 2:

FRANKIE’S FRIED MACKAREL

Deliciously seasoned mackarel fried to perfection. 2 pieces served with white rice and tomato based stew.

MEAL 3:

THE HEARTY SALAD

Romaine and green leaf lettuce with sweet potato chunks, choice of protein, tomatoes, onions, cucumbers, boiled egg, and salad dressing.

MEAL 4:

ASHLEY’S SIGNATURE BAKED MAC N’ CHEESE

Rich, creamy, and tasty topped with sharp cheddar cheese, breadcrumbs, and parsley flakes

MEAL 5:

GOLD COAST PEANUT BUTTER SOUP

Traditional Ghanaian soup made with peanut butter, marinated meats and tomatoes for a rich and creamy taste. Served with omutou (rice ball)

MEAL 6:

CREAMY SALMON AND SHRIMP

Pan seared salmon and shrimp in a creamy garlic buttery sauce. Served with asparagus and your choice of white rice or mashed potatoes.

MEAL 7:

CHILLI CHICKEN

Tender fried boneless chicken bites cooked in an aromatic sweet, spicy, and tangy chili sauce with green bell peppers, onions, and chilis. Served with your choice of white rice or spaghetti

MEAL 8:

CREAMY ALFREDO PASTA

Filled with your choice of protein, bell peppers, and broccoli topped with Parmesan cheese. Served with your choice of fettuccine or linguine

MEAL 9:

SALAD OF GOLD COAST

Romaine and green leaf lettuce with tomatoes, onions, baked beans, cucumbers, boiled egg, corned beef, ketchup and salad cream

MEAL 10:

INDULGE N’ SIGNATURE WINGS

"Daddy’s Favorite" (Infused with a blend of ethnic spices - basil, ginger, tikka masala spice, and more) 10 pieces