

ROCBODY FITNESS CAFE
 620 North Avenue
 New Rochelle, NY 10801
 Tel: 914-365-2000
 Fax: 914-365-2001

CHOOSE YOUR MODE:

- Eat Clean (cooking spray & seasoning)
- Competition Prep (meals totally naked)

10 MEAL MINIMUM
BUY 20 MEALS
GET 1 FREE!



CUSTOM MEALS: create your own fully customizable meals

Choose a **PROTEIN, CARBOHYDRATE & VEGETABLE** & **QUANTITY** for each dish

Client Information

NAME _____

DATE ____/____/____

CELL _____

EMAIL _____

ADDRESS _____

REFERRED BY _____

Order Information

- PICKUP
- HAND DELIVER
- SHIP

REQUESTED DAY/ DATE/ TIME _____

If applicable:

NO KNOCK / LEAVE MY PACKAGE _____

Make this a repeat weekly order

Yes No

GRATUITY (optional) \$ _____

SPECIAL INSTRUCTIONS

Payment Information

VISA / MC / AMEX/ DISC

EXP _____ CVC _____

NAME ON CARD _____

SIGN _____

- WILL CALL WITH PAYMENT INFO
- MY PAYMENT INFO IS ON FILE

Quantity -->		QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY
Price	PROTEIN	#								
\$10.49	6-7-8 oz Grilled Chicken	X								
\$8.99	3-4-5 oz Grilled Chicken									
\$10.79	6-7-8 oz Ground Turkey									
\$9.29	3-4-5 oz Ground Turkey									
\$11.49	6-7-8 oz Ground Bison									
\$9.99	3-4-5 oz Ground Bison									
\$11.49	6-7-8 oz Steak									
\$9.99	3-4-5 oz Steak									
\$10.49	6-7-8 oz Tilapia									
\$8.99	3-4-5 oz Tilapia									
\$14.49	8oz Salmon									
\$10.99	4oz Salmon									
	CARBOHYDRATE									
	Brown Rice (1cup)	X								
	White Rice (1 cup)									
	Baked Potato (m/l)									
	Sweet Potato (m/l)									
	Wheat Penne (1 cup)									
	No Carbs for me!									
	VEGETABLE									
	Broccoli (1 cup)	X								
	Spinach (1 cup)									
	Asparagus (1 cup)									
	String Beans (1 cup)									
	Mixed Veggies (1 cup)									
	No Vegetables									

MENU OPTIONS: Meals from our restaurant menu. Descriptions on Back. Enter desired quantities

QTY	MENU ITEM	QTY	MENU ITEM
	Chicken & Broccoli \$10.49		Rocbody Wrap \$8.99
	Chicken & Potatoes \$10.99		BBQ Chicken Wrap \$7.99
	Tommy K Special \$10.99		Eggwhite Omelet \$9.99
	Chicken Stir-Fry \$10.99		Penne Vodka \$9.99
	Steak Stir-Fry \$11.99		Penne Vodka +Chicken \$11.99
	Penne w/ Chicken & Broccoli \$10.99		Penne Vodka +Bison \$12.99
	Buffalo Chicken Wrap or Quesadilla \$7.99		Veggie Eggwhite Omelet \$9.99
	Chicken Caesar Salad \$9.99		Anabowl (Gorilla Club) \$16.99
	Cobb Salad \$11.49		Muscle Crave (Gorilla Club) \$12.99
	Chicken & Bacon Wrap \$8.99		Number 5 (Gorilla Club) \$15.99
	Turkey Chili \$11.49		
	P28 Protein Pancakes (White Chocolate) \$10.49		
	Italian Stallion Salad \$10.49		

QTY	Dressings / Sauces	QTY	Add-ons	QTY	Add-ons
	Hot Sauce \$.59		Low Fat Mozzarella \$.75		Walnuts \$1.25
	Light Balsamic \$.59		Low Fat Cheddar \$.75		Dried Cranberries \$.50
	Honey BBQ \$.59		Hot Cherry Peppers \$.50		Baby Spinach (Raw) \$2.00
	Terriyake \$.59		Grilled Onions \$.50		Turkey Bacon \$1.00
	Marinara \$.59		Mushrooms \$.50		Crumbled Bleu Cheese \$1.00
	Light Ranch \$.59		Avocado \$1.50		Cucumbers \$.50
	Light Bleu Cheese \$.59		Tomato \$.50		
	Light Italian \$.59				
	Light Caesar \$.59				

ADD TO MEAL:

TOTAL NUMBER OF MEALS
 #: _____

Order online **ROCBODYMEALPREP.COM**