 United States Strongman Nationals Order Form

Name:\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number:\_\_\_\_\_\_\_\_\_\_\_

Arrival Date/Time:\_\_\_\_\_\_\_\_\_\_

Hotel Name and address:\_\_\_\_\_\_\_\_\_\_\_\_\_

Menu Items- $10 each. $4 for double meat.

1. **Buffalo Chicken with Sweet Potatoes and Broccoli**

Ingredients: chicken, sweet potatoes, broccoli, buffalo sauce, butter, cinnamon, salt

Approximate calories: 307 Protein: 31g Carbs: 35g Fat: 5g

Quantity:\_\_\_\_\_\_\_ Double Meat:\_\_\_\_\_

1. **Korean Ground Beef Stir Fry over Jasmine Rice (RD)**

Ingredients: beef, jasmine rice, sugar snap peas, red bell pepper, carrots, mushrooms, soy sauce, sesame oil, ginger, garlic, dried seasoning

Approximate calories: 422 Protein: 30g Carbs: 45g Fat: 14g

Quantity:\_\_\_\_\_\_\_ Double Meat:\_\_\_\_\_

1. **Loaded spicy turkey meatloaf with mini potatoes and broccoli**

Ingredients: turkey, mini potatoes, broccoli, spinach, red bell pepper, spelt flour, onion, olive oil

Approximate Calories: 395

Protein: 30g Carbs: 36g Fat: 10g

Quantity:\_\_\_\_\_\_\_ Double Meat:\_\_\_\_\_

1. **Spaghetti – red sauce loaded with turkey and veggies over brown rice noodles (RD)**

Ingredients: Turkey, Brown rice noodles, Tomato, Bell pepper, Mushroom, Onion, Mozzarella cheese

Approximate Calories: 390

Protein: 30g Carbs: 45g Fat: 10g

Quantity:\_\_\_\_\_\_\_ Double Meat:\_\_\_\_\_

1. **Jerk Chicken Bowls with Pineapple Black Bean Salsa over Coconut Jasmine Rice**

Ingredients: chicken, jasmine rice, black beans, pineapple, coconut milk, cilantro, dried seasoning

Approximate calories: 382 Protein: 33g Carbs: 62g Fat: 3g

Quantity:\_\_\_\_\_\_\_ Double Meat:\_\_\_\_\_

Bulk Menu-cooked weight 1# each

**Chicken $13**

Quantity:\_\_\_\_\_ Flavor: Salt and Pepper\_\_\_\_Italian\_\_\_\_Cajun\_\_\_Balsamic\_\_\_Maple bourbon\_\_\_Roasted Garlic and Herb\_\_\_Lemon Pepper\_\_\_

**Turkey $15** (4 -4 oz burger patties)

Quantity:\_\_\_\_\_

**Beef $15** (4-4 oz patties)

Quantity:\_\_\_\_\_

**Steak $19**

Quantity:\_\_\_\_\_

**Salmon $18**

Quantity:\_\_\_\_\_

**Cod $16**

Quantity:\_\_\_\_\_

**Sweet potatoes $8**

Quantity:\_\_\_\_\_

**Rice $6**

Quantity:\_\_\_\_\_ Brown\_\_\_ Jasmine\_\_\_

**Potatoes $6**

Quantity:\_\_\_\_\_ Yellow\_\_\_ Sweet potatoes\_\_\_

**Green Vegetable** $6

Quantity:\_\_\_\_\_ Broccoli\_\_\_ Asparagus\_\_\_ Green bean\_\_\_ Brussels Sprouts\_\_\_

Fill in the order form and email to [healthjunkieusa@gmail.com](mailto:healthjunkieusa@gmail.com). Once we receive your order, we will email you an invoice that is due upon receipt. There will be a 15% discount to all athletes applied to the invoice as well as tax. A $10 delivery fee will be added to all orders, we will email you with a delivery time one week prior to the event. If you have any questions, shoot us an email, phone call, or text 763-703-6855! Thanks, Megan & Chris