

# PREORDER MENU

## **CAULIFLOWER PIZZAS - \$14.99**

Double Protein for \$3 More

### **Basil Pesto Chicken**

Organic Pesto, Chicken Breast, & Tomato

### **Turkey Taco**

Ground Turkey & Organic Taco Sauce

### **Sriracha BBQ Chicken or Sirloin**

Organic Sriracha BBQ, Fajita Peppers & Onions

### **Italian Chicken**

Marinara & Italian Chicken Breast

### **High Protein Vegan**

Marinara with High Protein Veggie Burger & Vegan Cheese



2018

## **LOTUS SALADS - \$10.99**

350-450 Cals. 40g Protein. Organic Greens

### **Chicken Kale Poppseed**

Organic kale greens blend, pumpkin seeds, cranberries, chicken breast, poppseed dressing

### **Cherry Chicken Quinoa**

Organic mixed greens, organic dried cherries, organic quinoa, chicken breast, choice dressing. Add feta optional.

### **Pecan Chicken & Quinoa**

Organic mediterranean mixed greens, chicken breast, organic Italian quinoa, pecans, choice dressing.

### **Greek Chicken or Sirloin w/ Feta**

Organic mixed greens, tzatziki sauce, tomatoes, your choice protein, feta.

### **Turkey Taco Salad**

Organic Rice, ground turkey, organic greens, light cheddar, organic taco sauce.

**Dressings:** Basil Vinaigrette, Poppseed, Vegan Ranch, Honey Mustard, Italian.

## **LOTUS WRAPS - \$9.99**

450-500 Calories. 40g Protein

Choose Your Protein: Chicken, Sirloin, Turkey

Sriracha BBQ Basil Pesto

Marinara Avocado Mayo

Sweet & Sour Fajita Taco

Cheddar Jalapeno Garlic Parm

Greek with Feta Honey BBQ

Pecan Poppseed Creamy Buffalo

\*All wraps made with organic salad greens

Save on Your  
Wraps and Burgers.  
3 pack for \$27.99  
5 pack for \$43.99

## **LOTUS BURGERS - \$9.99**

450-600 cal. 30g protein  
Double Sirloin Patties for \$3 more

**Proteins:** Sirloin Burger or Turkey Burger

**Cheese:** Cheddar, Pepper Jack, Feta, Mozzarella

Sriracha BBQ, Jalapeno Cheddar, Basil Pesto, Honey BBQ, Avocado Mayo, Fajita, Chipotle Lime Mayo (Add \$2.00)

\*Add Sweet Potato Fries for \$4.99

## **BARS, SNACKS, AND DESSERTS**

### **Barebells Protein Bar - \$3**

Cookies & cream, White Chocolate Almond, Caramel Cashew, Hazelnut Nougat,

### **1\* Phorm Level 1 Protein Bar - \$3**

### **Crunchy Bada beans**

3 OZ - \$3.50 / 1 OZ - \$1.50 OR 4 FOR \$5

### **Twin Peaks Protein Puffs**

Sour Cream & Onion, Nacho Cheese, Mesquite BBQ, Garlic Parmesan, Jalapeno Cheddar, Margherita Pizza

### **Iwon Organics protien puffs - \$3**

Korean BBQ, Cheddar, Mesquite BBQ, Sweet Pepper, Red Pepper, Caramelized Onion

\*All subject to change based on supply\*

## **CBD PRODUCTS**

Kill Cliff CBD Can (25mg each)- \$6.99

Soft Gel Capsules-  
30ct- \$40 / 60Ct- \$70

Pawable Dog Treats  
8oz-\$45 / 3oz-\$25 / 1oz- \$10

CBD Gummies- \$15  
(100mg/10mg per gummy)

CBD Massage Oils- \$20  
4 oz. bottle

Muscle Rub- \$70  
500 mg



## **RED LOTUS DRINKS**

Kill Cliff Recovers (25mg Caffeine)- \$3  
Lemon Lime, Pomegranate, Blood Orange, Blackberry,  
Berry

Kill Cliff Ignites (175mg Caffeine)- \$3  
Tropical thunder, Smashing Citrus, Cherry Limeade, Fruit  
Punch, Lemon Berry

Amino Energy Cans (100mg Caffeine)- \$3  
Strawberry, Grape, Peach, Mango Pineapple, Blueberry

Hop Teas (Organic Hops + Real Tea) - \$3.49  
White Tea, Black Tea, Green Tea, Chamomile Tea,  
Citrus Hops

## **PRIVATE PERSONAL TRAINING**

Clients on a Meal Plan:

\$500/20 Sessions  
\$300/10 Sessions  
\$30/Hour

Non-Meal Plan Clients:

\$700/20 Sessions  
\$400/10 Sessions  
\$40/Hour

## **WANT SERIOUS RESULTS? SIGN UP FOR ONE OF OUR MEAL PLANS!**

Weight Loss Meal Plans \*Most Popular  
400-500 calories per meal. 40g protein, 30g carbs

Muscle Growth Meal Plans  
600-700 calories per meal. 40g-50g protein. 50g-60g carbs

Vegetarian or Vegan Meal Plans  
350-450 calories. 15g-25g protein. 30g-40g carbs.

Keto Meal Plans  
400-500 calories. 20g-30g protein. <10g carbs per meal

Customized Meal Plans  
Give us your macros, or your meal plan and we will prep  
them for you!

### Specialty Diet Meal Plans

-Diabetic  
-Gluten free/soy free/dairy free  
-Auto Immune Illnesses

### **A LA CARTE MEALS (PICK UP OR DELIVERY)**

5 Weight Loss or Muscle Growth Meals- \$54.95  
10 Weight Loss or Muscle Growth Meals- \$109.90  
15 Weight Loss or Muscle Growth Meals- \$164.85  
\*+*\$5.00 for Delivery*

### **WEEKLY MEAL PLANS (5 DAYS/WEEK)**

1 Meal Per Day- \$54.95 weekly/\$219.80 monthly  
2 Meals Per Day- \$109.90 weekly/\$439.60 monthly  
3 Meals Per Day- \$164.85 weekly/\$659.40 monthly  
\*Add Weekend Meals as needed for \$9.50/meal

### **HOW TO SIGN UP**

Sign up in-store or over the phone with our team to:  
-Review your food allergies and ingredient preferences  
-Review your health and fitness goals if needed  
-Account for any medications and health concerns  
-We adjust as necessary with you along the way 😊

“You can’t go back and change the beginning, but you can  
start now and change the ending”