

KRATOS DISH

Creating dishes to strengthen
the mind, body and soul for the
athlete in you.

CHEF PREPARED MEALS

Foods are never frozen or canned

WELL-BALANCED WITH LEAN PROTEINS, COMPLEX CARBOHYDRATES AND FIBROUS VEGGIES

Hand-picked, high-quality nutritious eats

WEEKLY MENUS

Designed with variety in mind for the athlete in you

TIMELY BI-WEEKLY DELIVERY

Lunch and dinner safely delivered to you

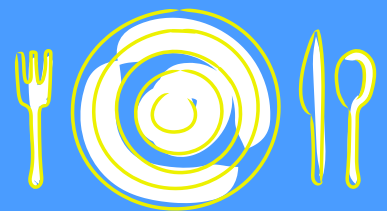
Sunday | Meals for Mon - Wed

Wednesday | Meals for Wed - Fri

DIVERSIFIED FLAVORS

Creative SoFlo cuisine inspired by local eats comes together at Katros Dish

UNPARALLELED SERVICE



SAMPLE MEAL PLAN MENU



*Menu items are subject to change on a weekly basis

LUNCH


DINNER


MON	MEATBALL SUB wheat bread / chips
TUE	TUNA COBB SALAD fresh romaine / boiled egg / cucumbers / cherry tomatoes / bacon bits
WED	LEMON PEPPER CHICKEN BITS yellow rice / sweet potatoes
THU	PULLED PORK BBQ SANDWICH white bread / corn on the cobb
FRI	SHREDDED CHICKEN BURRITO brown rice / black beans / shredded lettuce / cheese / sour cream

MON	TERIYAKI PINEAPPLE CHICKEN CHUNKS white rice / baked sweet plantains
TUE	BEEF TACO BOWLS white rice / black beans / corn / ground beef / pico de gallo
WED	SPAGHETTI meat sauce / caesar salad / bread roll
THU	GRILLED CHICKEN mashed sweet potato / grilled asparagus
FRI	FETTUCCINE ALFREDO chicken / broccoli / side salad / dinner roll

DRINKS | All meals will be accompanied with a drink
*Please inquire about vegetarian options

PRICING

 \$900
FALL
'21

 \$1,100
SPR
'21

PAYMENT & CONTACT INFO

*Contact us for payment method
or any inquiries

 INFO@KRATOSDISH.COM

 305.528.9042