

Becoming Indestructible meals @ Meat & Greet Boutique

*These meals meet the requirements of Dr. Brian Sekula and his **Becoming Indestructible** program – healthy proteins, vegetables and fats. If you are on his program, don't count grams of anything ☺; just list the meal on your food log. If you'd like more information on **Becoming Indestructible** or Dr. Sekula, visit his website (brianksekula.com, call: 713-494-6871 or send him an email: bsekula@brianksekula.com).*

For all menu items, Petite and Regular are equivalent to 4 oz and 8 oz servings of protein, respectively.

1. Skewers

Grilled beef, chicken or pork skewers with grilled vegetables, including tomatoes, onions, mushrooms and bell pepper. Seasoned with pepper, lemon zest and smoked paprika. Add jalapenos for spice.

Petite: \$6.75

Regular: \$9.95

For beef, prices are \$7.50 for petite and \$10.50 for regular

2. Poached Salmon with Cucumber Salad

Poached Salmon with a light, crisp cucumber salad in a virgin olive oil base with fresh herbs.

Petite: \$6.95

Regular: \$10.25

3. Grilled Beef Steak with Spinach Salad

Grilled beef steak, seasoned with pepper, lemon zest and smoked paprika. Spinach salad made with baby spinach, tomato, onion, olives and salad peppers. Olive oil vinaigrette for salad is on the side.

Petite: \$7.50

Regular: \$10.50

4. Grilled Meat with stir-fry vegetables

Choose from beef, chicken or pork seasoned with pepper, lemon zest and smoked paprika, then grilled. Broccoli, cauliflower, squash and carrots are stir-fried in a fresh ginger, garlic and Thai basil sauce

Petite: \$6.75

Regular: \$9.95

For beef, prices are \$7.50 for petite and \$10.50 for regular

5. Sautéed Meat with mixed vegetables

Choose from beef, chicken or pork sautéed in a fresh ginger, garlic and Thai basic sauce, with mixed vegetables including onions, squash, carrots and bell peppers. Add jalapenos for spice.

Petite: \$6.75

Regular: \$9.95

For beef, prices are \$7.50 for petite and \$10.50 for regular

6. Grilled Meat with green beans

Choose from beef, chicken or pork, seasoned with pepper, lemon zest and smoked paprika. Green beans sautéed in garlic and pepper.

Petite: \$6.75

Regular: \$9.95

For beef, prices are \$7.50 for petite and \$10.50 for regular

7. Spicy Jalapeno Chicken Meatloaf w/ stir-fry vegetables.

Ground chicken breast with jalapenos and stir fry vegetables including broccoli, cauliflower, squash and carrots

Petite: \$6.75

Regular: \$9.95

8. *Organic Quinoa & Turkey Breast Hash

Organic quinoa, turkey with mushrooms and mixed vegetables.

Petite: \$6.75

Regular: \$9.95

**If you're in the Becoming Indestructible program, only eat this meal on days you workout and within 4 hours of your workout.*

To Place Your Order

Send an email with your order to: meals@brianksekula.com

or call Frederic "Frenchy" Perrier @ [832-677-4608](tel:832-677-4608)

When you call, mention my name and the Becoming Indestructible menu
and tell him what you want