

JOE'S**Meal Plan****MENU**

TOKYO JOE'S MEAL PLAN is comprised of **FRESHLY MADE MEALS** with specific macronutrient targets, all **DESIGNED BY ELITE TRAINERS AND COACHES.**

PORTION CONTROLLED MEALS FOR ATHLETES, FITNESS-MINDED FOLKS, AND EVERYDAY PEOPLE looking to take their wellness goals to the next level. Whether you're building muscle, losing weight, or simply feeding yourself delicious, nutritious meals throughout the day/week/month, we have you covered with our **30+ COMBINATIONS.** They are **MADE TO ORDER** and put in rectangular bowls to fit efficiently in your refrigerator. **4 DAYS OF QUALITY SHELF LIFE** so you can reheat and serve at your convenience. Order via our **MOBILE APP** or call it in with 2.5-hour prior notice and **WE'LL HAVE YOUR MEALS WAITING FOR YOU.**

4 oz. PROTEIN BOWLS

NO CARBS

CLASSY FIT **\$7.50**

4 oz. of Chicken + 2 cups of Broccoli, Asparagus, Zucchini, Red Pepper and Green Onion // 175 calories, 42g protein, 14g carbs, 4g fat, 420g sodium, 6g sugar, 8g fiber

JAKT LITE **\$7.50**

4 oz. of Chicken + 2 cups of Asparagus, Spinach, Red Onion and Green Onion // 185 calories, 44g protein, 15g carbs, 4g fat, 430g sodium, 8g sugar, 8g fiber

1/2 CUP CARBS

MS. SARA **\$7.50**

4 oz. of Chicken + 1/2 cup of Brown Rice + 1 cup of Broccoli // 220 calories, 43g protein, 28g carbs, 5g fat, 410g sodium, 0g sugar, 7g fiber

TEAM ELITE BIKINI **\$7.50**

3 oz. of Chicken + 1 oz. of Egg + 1/2 cup of Brown Rice + 1 cup of Bean Sprouts, Water Chestnuts, Asparagus, Red Onion and Red Pepper // 245 calories, 33g protein, 25g carbs, 6g fat, 400g sodium, 3g sugar, 4g fiber

PHYSIQUE **\$7.50**

4 oz. of Chicken + 1/2 cup of Brown Rice + 2 cups of Broccoli, Zucchini and Red Pepper // 250 calories, 41g protein, 31g carbs, 5g fat, 410g sodium, 4g sugar, 8g fiber

JACK THE RIPPED **\$9.00**

4 oz. of Chicken + 1/2 cup of White Rice + 1 cup of Broccoli, Asparagus and 1/2 Avocado // 385 calories, 45g protein, 36g carbs, 19g fat, 420g sodium, 3g sugar, 10g fiber

BRUNNER BOWL **\$10.00**

2 oz. of Steak + 2 oz. of Chicken + 1/2 cup of Sweet Potato Hash + 1 cup of Broccoli, Spinach and Mushrooms // 305 calories, 38g protein, 40g carbs, 7g fat, 350g sodium, 0g sugar, 14g fiber

1 CUP CARBS

GO-TO BOWL **\$7.50**

4 oz. of Chicken + 1 cup of Brown Rice + 1 cup of Broccoli, Zucchini, Carrots, Edamame and Snap Peas // 350 calories, 45g protein, 46g carbs, 6g fat, 410g sodium, 3g sugar, 7g fiber

MILE HIGH **\$7.50**

4 oz. of Chicken + 1 cup of Sweet Potato Hash + 1 cup of Snap Peas, Zucchini, Edamame and Red Pepper // 375 calories, 41g protein, 57g carbs, 5g fat, 490g sodium, 4g sugar, 10g fiber

THE GRIND **\$7.50**

4 oz. of Chicken + 1 cup of White Rice + 1 cup of Broccoli, Asparagus and Carrots // 315 calories, 43g protein, 47g carbs, 4g fat, 410g sodium, 3g sugar, 7g fiber

MUSCLEQUEST **\$10.00**

2 oz. of Steak + 2 oz. of Chicken + 1 cup of White Rice + 1 cup of Broccoli and Asparagus // 340 calories, 42g protein, 44g carbs, 5g fat, 250g sodium, 3g sugar, 7g fiber

VETERAN **\$10.00**

4 oz. of Steak + 1 cup of Sweet Potato Hash + 1 cup of Snap Peas, Carrots and Zucchini // 415 calories, 31g protein, 56g carbs, 6g fat, 150g sodium, 3g sugar, 9g fiber

DENVER **\$10.00**

4 oz. of Steak + 1 cup of Brown Rice + 1 cup of Broccoli, Zucchini and Red Pepper // 380 calories, 35g protein, 42g carbs, 7g fat, 80g sodium, 2g sugar, 7g fiber

6 oz. PROTEIN BOWLS

NO CARBS

970 MUSCLE **\$12.00**

4 oz. of Chicken + 2 oz. of Steak + 2 cups of Broccoli, Mushrooms, Water Chestnuts and 1/2 Avocado // 430 calories, 59g protein, 26g carbs, 25g fat, 570g sodium, 0g sugar, 12g fiber

1/2 CUP CARBS

PRE HULK **\$9.00**

6 oz. of Chicken + 1/2 cup of White Rice + 1 cup of Broccoli, Asparagus and Spinach // 280 calories, 61g protein, 25g carbs, 6g fat, 630g sodium, 2g sugar, 6g fiber

LIV IT UP **\$9.00**

4 oz. of Chicken + 2 oz. Egg Whites + 1/2 cup of Brown Rice + 1 cup of Edamame, Spinach, Red Pepper and 1/2 Avocado // 455 calories, 53g protein, 34g carbs, 21g fat, 540g sodium, 3g sugar, 12g fiber

1 CUP CARBS

TEAM ELITE BUFF BOY \$9.00

6 oz. of Chicken + 1 oz. Egg + 1 cup of Brown Rice + 1 cup of Bean Sprouts, Water Chestnuts, Asparagus, Red Onion and Red Pepper // 420 calories, 62g protein, 43g carbs, 10g fat, 700g sodium, 3g sugar, 5g fiber

TO-FUEL BOWL \$9.00

6 oz. of Tofu + 1 cup of Brown Rice + 1 cup of Broccoli, Snap Peas, Carrots and Red Pepper // 420 calories, 25g protein, 54g carbs, 13g fat, 220g sodium, 4g sugar, 10g fiber

DUDE BROWL \$9.00

6 oz. of Chicken + 1 cup of Brown Rice + 1 cup of Broccoli, Edamame and Mushrooms // 420 calories, 66g protein, 47g carbs, 11g fat, 680g sodium, 2g sugar, 8g fiber

XXX \$9.00

6 oz. of Chicken + 1 cup of White Rice + 1 cup of Broccoli, Zucchini, Carrots and 1/2 Avocado // 515 calories, 62g protein, 51g carbs, 21g fat, 620g sodium, 2g sugar, 10g fiber

JESSE JAMES \$9.00

6 oz. of Chicken + 1 cup of Sweet Potato Hash + 1 cup of Broccoli, Asparagus and Spinach // 385 calories, 59g protein, 55g carbs, 6g fat, 710g sodium, 2g sugar, 11g fiber

BOMBASTIC \$9.00

6 oz. of Chicken + 1/2 cup of Brown Rice + 1/2 cup of White Rice + 1 cup of Snap Peas, Red Pepper, Water Chestnuts and Jalapeños // 385 calories, 59g protein, 46g carbs, 7g fat, 620g sodium, 5g sugar, 7g fiber

CORY'S COMBO \$12.00

3 oz. of Steak + 3 oz. of Chicken + 1 cup of White Rice + 1 cup of Broccoli, Asparagus and Snap Peas // 425 calories, 58g protein, 45g carbs, 8g fat, 370g sodium, 3g sugar, 7g fiber

JAKT! \$12.00

6 oz. of Steak + 1 cup of Sweet Potato Hash + 1 cup of Broccoli, Red Onions and Green Onions // 500 calories, 47g protein, 58g carbs, 9g fat, 200g sodium, 3g sugar, 9g fiber

8 oz. PROTEIN BOWLS

1 CUP CARBS

THEM GAINZ \$12.00

8 oz. of Chicken + 1 cup of White Rice + 1 cup of Broccoli, Asparagus, Spinach and Edamame // 455 calories, 84g protein, 46g carbs, 9g fat, 830g sodium, 3g sugar, 7g fiber

THE WARRIOR \$12.00

8 oz. of Chicken + 1 cup of Sweet Potato Hash + 2 cups of Asparagus, Snap Peas and Zucchini // 480 calories, 79g protein, 58g carbs, 8g fat, 890g sodium, 7g sugar, 13g fiber

XANDER \$12.00

4 oz. of Steak + 4 oz. of Chicken + 1 cup of Brown Rice + 1 cup of Broccoli, Zucchini and Red Onions // 490 calories, 71g protein, 42g carbs, 11g fat, 490g sodium, 2g sugar, 5g fiber

ARMBRUST MUSCLE BUILDER \$12.00

4 oz. of Steak + 4 oz. of Chicken + 1 cup of White Rice + 1 cup of Broccoli and Red Onions // 495 calories, 72g protein, 47g carbs, 10g fat, 490g sodium, 3g sugar, 5g fiber

LEG DAY \$15.00

8 oz. of Steak + 1 cup of Brown Rice + 1 cup of Edamame, Red Pepper, Jalapeños and 1/2 Avocado // 770 calories, 70g protein, 53g carbs, 30g fat, 170g sodium, 5g sugar, 13g fiber

SS CLASSIC BOWL \$15.00

8 oz. of Steak + 1 cup of White Rice + 1 cup of Broccoli, Asparagus and Zucchini // 550 calories, 66g protein, 42g carbs, 12g fat, 160g sodium, 2g sugar, 5g fiber

OTHER

BREAKFAST ANYTIME @ LARR'S \$7.50

6 oz. of Egg Whites + 2 oz. Scrambled Egg + 1/2 cup of White Rice + 1/2 cup Brown Rice + 1/2 cup of Spinach, Red Peppers, Mushrooms, Green Onion, Jalapeños and 1/2 Avocado // 518 calories, 32g protein, 48g carbs, 22g fat, 540g sodium, 2g sugar, 10g fiber

THE BIG "O" BOWL \$15.00

5 oz. of Steak + 5 oz. of Chicken + 1 Hard Boiled Egg + 1 cup of White Rice + 1/2 cup of Broccoli and 1/2 Avocado // 774 calories, 96g protein, 48g carbs, 33g fat, 680g sodium, 1g sugar, 10g fiber

BULK *Bulk items sold in exact increments listed

WHITE CHICKEN (1 lb)* \$10.00	STEAK (1 lb)* \$18.50	SWEET POTATO HASH (4 cups)* \$5.00
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SIGNATURE SAUCES

- STEVY-YAKI** 18 calories, 4g protein, 4g carbs, 0g fat, 0g sugar, 0g fiber
- SPICY STEVY-YAKI** 35 calories, 4g protein, 7g carbs, 0g fat, 0g sugar, 0g fiber
- OYAKO** 18 calories, <1g protein, 5g carbs, 0g fat, 5g sugar, 0g fiber
- RED DRAGON** 70 calories, 0g protein, 11g carbs, 4g fat, 7g sugar, 0g fiber
- GREEN DRAGON** 175 calories, 0g protein, 0g carbs, 18g fat, 0g sugar, 0g fiber
- PEANUT** 140 calories, 5g protein, 5g carbs, 12g fat, 2g sugar, 2g fiber
- YELLOW CURRY** 70 calories, 0g protein, 4g carbs, 7g fat, 0g sugar, 0g fiber



**HOW TO ORDER: DOWNLOAD OUR MOBILE APP OR CALL IT IN!
VISIT WWW.TOKYOJOES.COM/LOCATIONS FOR NEAREST LOCATION.**

Give us AT LEAST 2.5 HOURS and we'll have your meals ready for you to pick up.



EAT GOOD. FEEL GOOD.