

JOHNNY PAISANOS HEALTHY MEAL PREP

226 BALTIMORE PIKE SPRINGFIELD CALL 610-690-0150 TO ORDER!
PLEASE ORDER 24 HOURS IN ADVANCE TO ENSURE AVAILABILITY OF ALL
ITEMS! PAISANO HEALTHY MEALS ARE CUSTOM MADE TO ORDER!
CALL OR EMAIL CHEFPAISANO@COMCAST.NET



CHOOSE YOUR PROTEIN

GRILLED CHICKEN

\$9.95

ROAST PORK LOIN

\$9.95

BAKED SALMON

\$12.95

GRILLED SHRIMP

\$12.95

GRILLED SCALLOPS

\$13.95

SEARED TUNA STEAK

\$13.95

CHOOSE YOUR STYLE

**BLACKENED
LEMON PEPPER
BRUSCHETTA
DRY RUB MESQUITE
CITRUS LIME
GARLIC & HERB
BALSAMIC GLAZE
BUFFALO
SESAME
PLAIN STEAMED
PLAIN GRILLED**

CHOOSE 2 SIDES

**BRUSSEL SPROUTS
GRILLED SQUASH
GRILLED ZUCCHINI
GRILLED EGGPLANT
GRILLED MUSHROOMS
GRILLED PEPPERS
BABY SPINACH
ASPARAGUS
STRING BEANS
SWEET POTATO
BROCCOLI
BROWN RICE**

**ROAST PORK LOIN,
SPINACH OR RABE &
ROASTED PEPPERS**

\$9.95

**BALSAMIC GLAZE
CHICKEN, SPINACH,
MOZZARELLA &
TOMATO**

\$9.95

**SPAGHETTI SQUASH
WITH LEAN TURKEY
MARINARA**

\$9.95