

SMOOTHIES & SHAKES

calorie range 208-416

Fruit Smoothies - 100% Fruit

Strawberry **Four Berry**
Mango Tropics **Pineapple**
Peach Pear Apricot **Carrot Orange**

Organic Smoothies

Strawberry Banana
Carrot Apple



| | | |
|----------|------|---------------|
| Original | 4.99 | Organic +1.00 |
| Large | 5.99 | Organic +2.00 |

Protein Shakes

calorie range 140-392

Orange Dreamsicle **Vanilla**
Chocolate Peanut Butter **Chocolate**
Banana Berry Blast **Strawberry**
Snappy Apple **Tropical Paradise**

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|----------|------|
| Original | 5.50 |
| Large | 6.50 |

Add-Ins

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|---|-------|
| Peanut Butter, Banana, Baby Kale, Spinach | +1.00 |
| Extra Protein | +2.00 |

Boosters ADD TO ANY SHAKE OR SMOOTHIE!

Fat Burner, Antioxidant, High Energy, Muscle

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|--------------|------|
| All Boosters | 0.99 |
|--------------|------|

MEAL PLANS

Starting at \$7 Per Meal

HEALTHY
CATERING
(915) 307-2322

We use GRASS-FED steak and ALL-NATURAL chicken

SKINNY FLATBREADS

Whole Grain calorie range 580-750

Traditional Cheese *Vegetarian*

Part-skim mozzarella, parmesan and fresh fat-free marinara sauce

MMG Margherita *Vegetarian*

Red ripe tomatoes with part-skim mozzarella, basil and parmesan

Classic White *Vegetarian*

Part-skim mozzarella, parmesan, spinach and roasted garlic

California Veggie *Vegetarian*

Broccoli, power blend (romaine and baby kale), spinach, red onions, mushrooms, tomatoes, part-skim mozzarella and fresh fat-free marinara sauce

BBQ Chicken Flatbread

Chicken, fat-free hickory BBQ sauce, reduced-fat cheddar and red onion

The Works

Turkey Meatballs, turkey bacon, turkey pepperoni, part-skim mozzarella, red onions, green peppers, mushrooms and fat-free marinara sauce

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|-----------------------|---------|
| Vegetarian Flatbreads | 6.99 |
| Protein Flatbreads | 8.99 |
| Additional Toppings | 1.00 ea |

SHOW SOME LOVE TO
 THE MOST IMPORTANT MUSCLE IN YOUR BODY



VERMONT
COUNTRY FARMS™
 MADE IN THE VERMONT TRADITION

Note: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.



CATERING • DELIVERY • MEAL PLANS
 Order Online: OrderMMG.com

1613 Pleasanton Rd.
 Suite B 129
 Fort Bliss, TX 79906
(915) 307-2322
 Fax: (915) 307-2416

We use eco-friendly products including bags and packaging

WHOLESOME BEGINNINGS

calorie range 121-287

- Chargrilled Chicken Strips** **4.69**
Choice of dipping sauce:
Buffalo, BBQ, MMG Signature, or Asian Sesame Ginger
- Edamame** **3.99**
- Healthy Seasonal Soup** **3.99**
- Turkey Chili** **4.99**

FRESH GREENS

Local produce when available

calorie range 270-400

- Kale and Quinoa Salad**
Chicken, white quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale
- Asian Sesame Ginger**
Chicken, tomatoes, cucumbers, red onions, sesame seeds, craisins, avocado and Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale
- Italiano** **GF**
Chicken, part-skim mozzarella, spinach, roasted red peppers, gluten- and fat-free balsamic vinaigrette on a power blend of romaine, spinach and baby kale
- Chicken Caesar Salad** **GF**
Chicken, parmesan cheese, and zero-carb Caesar dressing on a power blend of romaine and baby kale
- Lean Turkey Taco** **GF**
Lean ground turkey chili, red beans, reduced-fat cheddar cheese, salsa, tomatoes, scallions and fat-free sour cream on a power blend of romaine, spinach and baby kale
- Mardi Gras Cajun Grilled Chicken** **GF**
Cajun seasoned grilled chicken, turkey bacon, tomatoes, onions and low-carb salsetta on a power blend of romaine, spinach and baby kale

Pick Two Combo: 8.99
Soup • ½ Salad • ½ Flatbread

Low Calorie Dressings

- Fat-Free Balsamic Vinaigrette
- Fat-Free Honey Dijon
- Zero-Carb Caesar
- Low-Fat Asian Sesame Ginger
- Zero-Carb MMG Signature

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|---------------------|----------|--------------|---------------|--------------|
| Regular (as stated) | Original | 8.99 | Extra Protein | +1.99 |
| Sub Steak or Shrimp | Original | +1.99 | Extra Protein | +2.99 |

SUPERFOOD SIDES

calorie range 24-142

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|-----------|------|---------------------|------|
| Baby Kale | 1.99 | Steamed Broccoli | 1.99 |
| Quinoa | 1.99 | Black Beans | 1.99 |
| Avocado | 1.99 | Sweet Potato Sticks | 1.99 |
| Guacamole | 1.99 | Savory Spinach | 1.99 |

HEALTHY WRAPS

Includes **FREE** side Caesar

calorie range 500-730

- MMG Signature**
Chicken, turkey bacon, reduced-fat cheddar cheese, power blend (romaine, spinach and baby kale), tomatoes, onions and zero-carb signature sauce in a jalapeño wrap
- Rocky**
Chicken, turkey meatballs, part-skim mozzarella and fresh fat-free marinara in a garlic herb wrap
- Santa Fe**
Chicken, turkey bacon, red beans and brown rice, reduced-fat cheddar cheese and zero-carb signature sauce in a jalapeño wrap
- Kale and Quinoa Wrap**
Chicken, white quinoa, power blend (romaine, spinach and baby kale), roasted red peppers, avocado and Asian sesame ginger dressing in a spinach wrap
- Chicken Caesar Wrap**
Chicken, power blend (romaine, spinach and baby kale), zero-carb Caesar dressing and parmesan in a spinach wrap
- Veggie** ***Vegetarian***
Original or spicy with green peppers, onions, mushrooms, rice, beans and reduced-fat cheddar cheese in a spinach wrap
- Yee-Ha!**
Chicken, turkey bacon, western potatoes and zero-carb signature sauce in a jalapeño wrap
- BBQ Chicken Wrap**
Chicken, brown rice, reduced-fat cheddar cheese and fat-free BBQ sauce in a whole wheat wrap

- XXL**
Lean ground turkey, turkey bacon and reduced-fat cheddar cheese and fat-free secret sauce in a whole wheat wrap

- Tex-Mex Fajita**
Chicken, onions and peppers, reduced-fat cheddar cheese, fat-free sour cream and salsa in a jalapeño wrap

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|---------------------|----------|--------------|---------------|--------------|
| Regular (as stated) | Original | 7.99 | Extra Protein | +1.99 |
| Sub Steak or Shrimp | Original | +1.99 | Extra Protein | +2.99 |
| Add Soup | | +1.99 | | |

DELICIOUS SIDES

calorie range 36-325

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|--------------------|------|------------------|------|
| Caesar Salad | 1.99 | Vegetable Medley | 1.99 |
| Brown Rice | 1.99 | Baked Potato | 1.99 |
| Brown Rice & Beans | 1.99 | Turkey Meatballs | 2.99 |
| Cucumber Salad | 1.99 | | |

FIT BOWLS

calorie range 320-450

- Arizona** **GF**
Chicken, turkey bacon, tomatoes, scallions and zero-carb signature sauce over brown rice
- Godfather** **GF**
Chicken, portabella mushrooms, roasted red peppers, part-skim mozzarella and gluten- and fat-free balsamic vinaigrette over broccoli
- Santa Ana** **GF**
Chicken, turkey bacon, reduced-fat cheddar cheese and zero-carb signature sauce over red beans and brown rice
- El Mexicana** **GF**
Chicken, onions and peppers, reduced-fat cheddar cheese, salsa, tomatoes and scallions over brown rice and beans
- Teriyaki Stir-Fry**
Chicken, portabella mushrooms, onions and peppers, carrots, sesame seeds and teriyaki sauce over brown rice
- Grilled Chicken** **GF**
Chicken, broccoli and brown rice
- Turkey Chili Bowl** **GF**
Lean ground turkey chili, red beans, reduced-fat cheddar cheese, salsa, fat-free sour cream, tomatoes and scallions over brown rice
Pasta calorie range 650-710
- Cajun Chicken & Penne**
Cajun chicken, red wine brown sauce, tomatoes and scallions over whole wheat pasta
- Sesame Chicken Teriyaki Pasta**
Chicken, sesame seeds and teriyaki sauce served over whole wheat pasta
- Penne & Reduced-Fat Vodka Sauce with Chicken**
Chicken, reduced-fat vodka sauce and parmesan over whole wheat pasta

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|---------------------|----------|--------------|---------------|--------------|
| Regular (as stated) | Original | 7.99 | Extra Protein | +1.99 |
| Sub Steak or Shrimp | Original | +1.99 | Extra Protein | +2.99 |
| Add Soup | | +1.99 | | |

LEAN PROTEIN SIDES

calorie range 281-325

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|----------------------|------|
| Grilled Chicken | 2.99 |
| USDA Grass-Fed Steak | 3.99 |
| Shrimp | 3.99 |