



Clean EatZ Meal Prep doesn't have a subscription, a minimum order requirement and doesn't require you to cook a thing! Just order any quantity of meals you want, pick them up in café (1876 Fruitville Pike, Lancaster) or at the Main Cafeteria on campus and reheat them throughout the week for quick, healthy and affordable breakfasts, lunches and dinners! We serve a menu that supports all levels of clean eaters with the standards of low calories (500 or less), low fat, no added sodium or sugar and all at an affordable price!

Be on the lookout for additional PSH Campus delivery locations soon and for a new café location in the Harrisburg area sometime in 2022!

Ordering is super easy!

1. Go to www.cleaneatz.com/mealplanmenu. Menu is live Tuesday – Sunday @ Midnight.
2. Select "Pennsylvania" as your State and "Lancaster" as your Store.

CHOOSE YOUR LOCATION

State:
Pennsylvania

Store:
Lancaster, PA

3. Select the quantity of the meals you want for the week.

MY STORE: LANCASTER, PA

<p>ALMOND CHICKEN Chicken tossed in our Clean EatZ Teriyaki sauce over Jasmine rice with a side of broccoli and snow peas, and then sprinkled with sliced almonds. Calories: 348 Fat: 4g Carbs: 38g Protein: 40g</p> <p>Quantity: 0</p>	<p>BBQ CHEESEBURGER BOWL Beef tossed in BBQ sauce served over brown rice and topped with tomatoes, red onions, pickles, and a sprinkle of Monterey Jack cheese. Calories: 398 Fat: 14g Carbs: 43g Protein: 26g</p> <p>Quantity: 0</p>	<p>BISCUITS & GRAVY Whole-grain biscuits topped with low-sodium, ground turkey gravy and served with an egg-white omelette. Reminder: Extra protein is the only special request available for breakfast meals. Calories: 367 Fat: 15g Carbs: 34g Protein: 24g</p> <p>Quantity: 0</p>
<p>HONEY MUSTARD CHICKEN TENDERS Baked chicken tenders tossed with honey mustard sauce and served with mashed potatoes and asparagus. Calories: 332 Fat: 12g Carbs: 43g Protein: 26g</p> <p>Quantity: 0</p>	<p>KOREAN BEEF Beef strips tossed in Korean BBQ sauce served over brown rice with a side zucchini, spinach and carrots. Topped with a sprinkle of sesame seeds. Calories: 356 Fat: 8g Carbs: 43g Protein: 26g</p> <p>Quantity: 0</p>	<p>SMOKED SAUSAGE CHILI Smoked turkey sausage and red potatoes covered in chili sauce - includes pinto beans, diced tomatoes, green pepper, yellow onion and a blend of seasonings - and garnished with cilantro. Calories: 328 Fat: 8g Carbs: 42g Protein: 21g</p> <p>Quantity: 0</p>

4. For in café pick up, select “No”
5. For PSH Campus pick up, be sure to select the proper location.
 - o PSH Hershey Medical Center Employees – Main Cafeteria (Monday PM Pick Up)

SATELLITE LOCATION PICK UP

**Must pay online. Convenience fee will be added.
 **Not available for all store locations.
 **Unavailable with meal customizations

Want satellite pick up?

No Yes

Gold's Gym Camp Hill (Monday Evening Pick Up) ▼

CONTINUE

Pick which satellite location you want!

6. To apply the 10% PSH discount to your order, simply enter **PSH10 AND your employee ID number (no spaces)** at the checkout screen below (Example: PSH1012345). There is an introductory 20% discount for the first month of the program. Functionality is the same as above... **PSH20 AND your employee ID number (no spaces)** at the checkout screen below (Example: PSH2012345). Once you select the “APPLY” button the system will update the total cost.

[Edit Cart](#)

	BEEF POTATO BOWL	\$8.20
	CHILI BEAN CHICKEN PASTA	\$8.20
	PIZZA LOADED BAKED POTATO	\$8.20
	BLOOMIN ONION CHICKEN	\$8.20
	SALMON SLIDERS	\$8.20
	COCONUT BLUEBERRY OATS W/ BACON & CHEESE BITES	\$8.20

APPLY

7. Once you select the “PLACE ORDER” button, you should get a confirmation similar to this on screen and receive a confirmation email. You are all done!

THANK YOU !

Your order is Complete !

ORDER #CUST-637026920517475845XYJ

8. We do offer customizations for these meals; Low Carb & Extra Protein. When placing your order, simply select the options you prefer. *Please note: these meals are only available for pick up in the café at 1876 Fruitville Pike, Lancaster.* Also note that selecting these options will apply to each meal in the order so if you want some standard meals and others with customization simply place two separate orders and select “Pay In-Store” where we will combine your orders to get your volume discount.

SPECIAL REQUESTS

MEAL CUSTOMIZATIONS - SELECT ALL THAT APPLY

- Low Carb (extra veg), Tuesday Pickup
- Extra Protein (+ \$1.50 per meal), Tuesday Pickup

***These changes will apply to all meals. The exception is with breakfast meals, which can only be regular or extra protein.*

***Only available with in store pick up*

9. To be alerted of the weekly meal plans and to see the macros for the customizations above, sign up for the weekly email that is sent on Thursday mornings. There is no obligation, just an email alerting you of the new meals with a link to the ordering website. Go to the link here and scroll to the middle of the page:

www.cleaneatz.com/mealplanmenu.

An example of the macro matrix is at the link here: [Clean EatZ Macro Matrix Example](#)

	Calories	Fat	Carbohydrates	Protein
Almond Chicken	348	4	38	40
Half Carb	300	4	26	40
No Carb	212	4	7	37
Extra Protein	445	5	48	52
Gluten Free	348	4	38	40
BBQ Cheeseburger Bowl	398	14	42	26
Half Carb	334	14	26	26
No Carb	270	14	10	26
Extra Protein	484	20	42	34
Gluten Free	398	14	42	26
Honey Mustard Chicken Tenders	332	12	26	30
Half Carb	220	8	9	28
No Carb	220	8	9	28
Extra Protein	406	14	31	39
Gluten Free	332	12	26	30
Korean Beef	356	8	45	26
Half Carb	288	8	28	26
No Carb	206	6	16	22
Extra Protein	435	11	49	35
Gluten Free	356	8	45	26
Smoked Sausage Chili	328	8	43	21
Half Carb	206	6	20	18
No Carb	206	6	20	18
Extra Protein	424	12	49	30
Gluten Free	328	8	43	21
Biscuits & Gravy	367	15	34	24
Extra Protein	407	15	37	31

10. In addition to the standard and modified weekly meals, we offer a true custom diet program. Whether you have strict dietary needs, in training or simply have a favorite meal combination, this is another option to enjoy the benefits of our service.

- Go to: www.cleaneatz.com/custommeals
- Runs on the same Tuesday-Sunday ordering cycle.
- Pick up only in the Lancaster café starting on Tuesday’s at 11:00.
- Flat rate pricing of \$7.00 per meal at standard 4 oz. portions.

THE CAFE CLOSEST TO YOUR LOCATION IS LANCASTER

CHOOSE A DIFFERENT LOCATION:

PENNSYLVANIA

LANCASTER

Protein

Turkey Burger

Protein Portion

4oz

Carbohydrate

No Carb

Carbohydrate Portion

1/4 Cup

Vegetables

None

Vegetables 2

None

Vegetables 3

None

Sauce

No Sauce

Comments

Quantity

1

ADD MEAL

***Requires Pre-Payment*

PRICE: \$7.00

Meal Plan Pick Up Times

- **In Café Orders:**
 - **Standard Meals: Monday's @ 11:00AM**
 - **Customized Meals: Tuesday's @ 11:00AM**
 - **All meals need to be picked up by Wednesday @ 3:00PM**
- **On Campus Orders**
 - **Standard Meals: Monday's By 5:00PM**
 - **All meals need to be picked up by Tuesday Evening**