

Meal Preparation (COMING SOON)

Yes, we will help you with your fitness goals. Momma Roc personally knows the struggles that come along with being healthy and eating right. Momma won't just make the meals for you, she will cook the food that you actually love to eat – just healthier of course!

Do you already have a meal plan, but you just can't bring yourself to get started? Bring it to me, I will get it done.

[Click here for our Contact page](#) if you have special requests or would like more information.

(Disclaimer: Momma Roc is not a doctor or nutritionist. Please consult with your doctor. Before starting any meal plan.)

Meal Plans (COMING SOON)

Meal Plan A: Perfect for a client who has time to do everything, except actually cook! With this plan, you provide the groceries and the food containers, and we provide the rest. We will cook, measure, and label your meals for the entire week – including Breakfast, Lunch, Snacks, and Dinner.

Meal Plan B: Perfect for a client who has a goal, but just needs help getting there! With this plan, all you have to do is give us the meal plan you have for your personal goals, and we will handle everything else. We will grocery shop, cook, measure, and label your meals for the entire week.

All meals are made fresh to the order and will be ready for pick up on Sundays.

You can elect to have all meals provided to you pre-frozen or opt to freeze them yourself. In order to preserve the quality and safety of your meal, any meal that is not to be eaten same-day must be frozen immediately upon receipt of your order. To thaw, simply take your meal out of the freezer two hours before you're ready to enjoy your lip-smackin'-good meal!

Not sure which plan is best for you? See the comparison chart below or [Contact Us](#) so we can help you choose the best option for your needs.

	Meal Plan A	Meal Plan B
Services		
Groceries Included		√
Food Containers Included		√
Meal Plan Included	√	

Ready to order your first meal plan? [Click here to start your New Client Order Form!](#)

Large Group Orders (COMING SOON)

Momma Roc has got you covered for your next get-together.

Party Platter Package

Allows you to mix and match your favorite main dishes and sides for the perfect event menu.

Buffet Package

Do you want a whole lotta just one delicious dish? We also offer a Buffet Package with 8 different mouth-watering, tummy-filling meals to select from.

Catering

There ain't nothing like freshly fried chicken straight out of the fryer! With our catering package, we will fry up some of Momma Roc's signature at your event.

[Contact us for more information and pricing.](#)

[Click here to visit the Menu](#) for more information about the large group order offerings.

[COMING SOON](#)

[Navigation Menu > Order > Menu](#)

Packages COMING SOON

Meal Plans

Meal Plan A _____ \$120/week

Meal Plan B _____ \$150/week