

“Good to Go” is the brain child of a Chef and Personal trainer teaming up to create healthy, caloric controlled precooked meals.

We are passionate about what we do and want to share that passion and in the form healthy cooked meals.

## MEAL SIZES

\$ 10 meals using 4oz of protein

\$ 12 meals using 6oz of protein

## HOW TO ORDER

Email before 5pm Wednesday for pick up On Monday.

[ediblesrochester@gmail.com](mailto:ediblesrochester@gmail.com)

or

[Charlene.r.teague@gmail.com](mailto:Charlene.r.teague@gmail.com)

## PICK UP LOCATIONS

Edibles Restaurant 704 University Ave Rochester NY 14607

Brownstone Training Center 6548 Anthony drive Victor by appointment only

CALL 585 880 8351

Best Regards-  
Jason & Charlene  
“Good to Go”

[Ediblesrochester@gmail.com](mailto:Ediblesrochester@gmail.com)  
[Charlene.r.teague@gmail.com](mailto:Charlene.r.teague@gmail.com)

Jason- [585.230.3583](tel:585.230.3583)  
Charlene - [585.880.8351](tel:585.880.8351)