

aka Chef Big Shake

Chef Shawn Davis Meal Prep and Catering

Chef Shawn, a culinary professional with an impressive background appearing on television shows like Rachael Ray, The Today Show, Food Paradise, and more, has recently launched a premium **meal prep** and **catering service** in Tampa Bay. Known for his hearty, flavorful recipes, Chef Shawn offers a diverse menu featuring mouthwatering options such as BBQ chicken, Bourbon Chicken, Glazed Salmon, Shrimp & Grits, Shrimp Fettuccine Alfredo, and more. Each dish is crafted carefully, using only the freshest ingredients and time-honored cooking techniques.

Recognizing the demands of modern life, Chef Shawn's service provides busy individuals and families with convenient, high-quality meals that are both nutritious and delicious. Whether you're seeking a healthy lunch option for work or a hassle-free dinner solution for your family, Chef Shawn's meal prep service offers a convenient and satisfying solution. Free delivery is offered within a 5 mile radius. A discount is offered for monthly service versus weekly.

SAMPLE WEEKLY MENU A - NO DIETARY RESTRICTIONS



GRILLED MANGO CHICKEN

BOURBON CHICKEN



SHRIMP FETTUCCINI ALFREDO



4 CHEESE GROUND BEEF LASAGNA

NEW YORK PEPPERCORN STRIP STEAK



JAMAICAN JERK CHICKEN PINEAPPLE RICE



SAMPLE WEEKLY MENU B - KETO FRIENDLY



GRILLED LEMON CHICKEN & TRUFFLE VEGETABLES



CHEESY SAUSAGE & VEGETABLE OMELETTE



KANSAS CITY SPARE RIBS



LETTUCE WRAP SIRLOIN BURGER



SHRIMP & CRAB CAULIFLOWER RICE STACK



GRILLED CHICKEN & VEGGIE SHISH KABOB

SAMPLE WEEKLY MENU C - DIABETIC FRIENDLY



ROASTED PLUM PORK LOIN



BROILED CHICKEN FRUIT & VEGETABLES



SALISBURY STEAK & MASHED CAULIFLOWER



GRILLED RIBEYE & MIXED VEGGIES



PAN SEARED LAMB CHOP



ROASTED BUFFALO WINGS

WEEKLY MENUS EMAILED 7 DAYS IN ADVANCE. DIETARY NEED REQUESTS CAN BE DISCUSSED WITH CHEF DIRECTLY BY PHONE OR EMAIL.

CELL: 615-414-3317

EMAIL: CHEFBIGSHAKE@GMAIL.COM

EMAIL: CHEFBIGSHAKE@GMAIL.COM

CELL: 615-414-3317