

JamDownEats Meal Prep Menu

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Fresh weekly Jamaican-inspired meal prep.

Popular Meals: Jerk Chicken + Rice & Peas + Cabbage; Curry Chicken + White Rice + Vegetables; Jerk Salmon + Rice & Peas + Broccoli; Oxtail + Rice & Peas + Cabbage; Rasta Pasta with Jerk Chicken.

Prepared fresh with quality ingredients and bold Caribbean flavors.