

August 30, 2026

Delish Nutrish Your Way Menu

***You can choose which meals you want, but only 5 of the 15 can be Steak & Fish

YOUR CHOICE 15 MEALS • 4oz & 6oz PROTEIN

- Green Chili Chicken (Breast) Enchilada topped w/ Sour Cream Sauce Served with Black Beans
- Grilled Salmon served w/ Salad (balsamic) & Rice Pilaf
- Stewed Beef served w/ carrots, potatoes & corn
- Fiesta Breakfast Bowl (scrambled eggs, fiesta beef, cheese, salsa & guacamole)
- Grilled Chicken (breast) Caprese Salad (Fresh mozzarella, tomatoes, crouton, balsamic over a bed over baby spinach)
- Beef, Peppers & Onions served over Basmati White Rice
- Pasta W/ Beef Meat-sauce
- Italian Turkey Sausage Veggie Bowl (sausage, zucchini, peppers, onions, roasted potatoes topped w/ marinara)
- Grape Walnut Chicken Salad served w/ veggies & Crackers
- Jalapeño Popper Smothered Chicken Breast served w/ Brown Rice
- Grilled Chicken Breast, Mixed Veg & Sweet Potato w/ honey & grass-fed Butter
- Buffalo Glazed Chicken Legs w/ Potato Wedges & Raw Veggies w/ Ranch
- Beef n Lamb K-bobs served w/ Yellow Rice, raw veggies & Taziki
- Grilled Sirloin w/ Broccoli & Baked Potato w/ grass-fed butter
- Shrimp Scampi w/ Sautéed Broccoli & Boiled Potatoes



4 OZ PROTEIN				6 OZ PROTEIN			
CAL	P	C	F	CAL	P	C	F
630	32	62	20	710	37	62	22
590	34	42	26	670	37	42	29
610	37	40	18	720	42	40	21
650	34	48	27	750	38	48	30
540	31	24	24	620	36	24	27
560	33	45	16	640	38	45	19
620	34	46	24	700	39	46	27
610	32	42	20	690	37	42	23
540	31	27	21	610	37	27	24
600	33	50	23	680	38	50	26
550	34	40	22	620	40	40	24
620	33	40	28	700	38	40	31
670	34	43	27	750	41	43	30
680	36	33	28	760	43	33	31
560	32	28	22	620	38	28	24



All ingredients are organic, beef is grass-fed, fish is wild caught.

All meals listed are 850 kcal or less.

Meals can be tailored for dairy free, low carb and gluten free.

POWER-BALLS



5 COUNT \$5
10 COUNT \$10
25 COUNT \$20
(Contains Nut Butters)

FLAVORS:

- Strawberry Crunch
- Cookie Butter
- Chocolate Chip
- Pecan Chocolate Chip

WHOLE ORGANIC FRUIT



\$2 EACH

- Bartlett Pears
- Red Apples
- Granny Smith Apples



1. 6oz CHICKEN BREAST GRILLED
\$7.25 EACH

ADD-ONS:

HIGH PROTEIN BOX \$8



Chicken Chunks, Mixed Raw Nuts,
2 power-balls, Celery w/ peanut
butter topped with hemp hearts

2. HUMMUS BOX \$8



Hummus dip, carrot, celery &
bell pepper sticks, Pita Bread,
olives & feta cheese

ADD-ONS:



2. FRUIT PARFAIT \$8
(GREEK YOGURT, BERRIES,
HONEY, GRANOLA)



MADE WITH
ORGANIC INGREDIENTS



GRASS-FED BEEF



WILD-CAUGHT FISH