

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

YOUR CHOICE 15 MEALS • 4oz & 6oz PROTEIN

		4 OZ PROTEIN			6 OZ PROTEIN		
		CAL	P	C F	CAL	P	C F
1.	Chicken Breast Smothered in green Chile Sour Cream Sauce served w/ Black Beans & Tortillas	620	32	64 25	700	38	64 28
2.	Garlic Ginger Salmon over Asian Veggie Fries Rice	580	31	58 24	660	37	58 27
3.	Broiled White Fish w/ Broccoli & Rice Pilaf	540	31	42 20	620	37	42 22
4.	Farmer's Breakfast Bowl (pepper, onion, tomato, feta cheese, turkey sausage,) w/ Roasted Potatoes	620	26	56 27	690	32	56 29
5.	Grilled Chicken Salad w/ Spring Mix, Guacamole, Feta, Sunflower Seeds, Tomato, Onion, Bagel Chips and Ranch	540	31	30 24	610	37	30 28
6.	Steak Fajitas w/ Peppers, Onions, Guac, Sour Cream Sauce, Salsa & Corn Tortillas	740	36	66 28	830	43	66 31
7.	Pasta W/ Beef Meat-sauce	620	30	62 24	700	36	62 27
8.	Pasta Florentine, Chicken Breast, Pasta, Cold Pressed Olive Oil, Spinach, fresh herbs & Chili Flakes	580	33	54 23	650	39	54 25
9.	Tuna Salad Box(yellowfin tuna, avocado oil mayo, lemon, garlic, onion, pickle served w/ varied Crackers, tomatoes, & Dates)	540	31	29 24	600	37	29 26
10.	Beef & Broccoli (marinated Steak, broccoli, steamed basmati white rice, savory sauce)	640	34	45 24	720	41	45 27
11.	Grilled Chicken Breast, Mixed Veg & Sweet Potato w/ honey & grass-fed Butter	550	34	40 22	620	40	40 24
12.	Baked Chicken Thighs(boneless, skinless) w/ baked potato w/ grass-fed butter & Greens	620	33	48 26	690	39	48 30
13.	Gyro Bowl (lamb, beef mix, pita, yogurt sauce, cucumber, tomato, onion, yellow rice)	650	34	61 26	730	41	61 30
14.	Grilled Sirloin w/ Chimchiri sauce, Mashed potatoes & mixed Veggie	680	36	54 28	760	43	54 31
15.	Asian Chicken Noodle Bowl(chicken, asian veggies & Noodle in a savory sauce)	600	33	63 24	670	39	63 27

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

ADD-ONS:

1. 6oz CHICKEN BREAST GRILLED
\$7.25 EACH

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

ADD-ONS:

1. 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

MADE WITH

ORGANIC INGREDIENTS

GRASS-FED BEEF

WILD-CAUGHT FISH