

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

1. Green Chili Chicken Enchiladas w/ Sour Cream Sauce
2. Grilled Salmon w/ Basmati White Rice & Broccoli w/ Savory Ginger Sauce on Side
3. Parmesan Crusted White Fish over Veggie Herbed Rice
4. Farmer's Breakfast Bowl (turkey sausage, scrambled eggs, spinach, onion, bell pepper, tomato, cheese, potatoes)
5. Beef & Mushroom Ragu over Pasta
6. Orange Chicken (breast), Broccoli, Carrot over Rice
7. Pasta W/ Beef Meat-sauce
8. Balsamic Glazed Chicken w/ Spinach, Asparagus, Tomato, Garlic, Olive Oil, Pasta
9. Grilled Chicken Salad w/ Ranch & Sweet Potato w/ honey butter on side
10. Spinach, Feta, Turkey Meatballs w/ Pan Seared Potatoes
11. Pan Seared Chicken Breast w/ Broccoli & Roasted Potatoes
12. Braised Chicken Thighs over Mashed Potato & Green Beans
13. Lemon Butter Chicken over White Basmati Rice w/ Peas
14. Grilled Sirloin sliced & served w/ Mixed Grains & Broccoli
15. Spicy Shrimp Rice Bowl (honey, jalapeño, broccoli, carrot, rice)



4 OZ PROTEIN				6 OZ PROTEIN			
CAL	P	C	F	CAL	P	C	F
610	42	55	24	720	59	55	27
500	31	39	25	620	43	39	31
455	34	35	19	555	47	35	23
610	35	38	35	705	45	38	40
590	33	47	30	730	48	47	40
470	39	43	16	600	57	43	19
590	34	50	27	730	49	50	37
545	42	50	18	675	60	50	21
510	40	36	23	640	58	36	26
525	36	34	27	650	52	34	34
485	42	35	18	615	60	35	21
520	31	35	29	650	43	35	37
535	42	38	23	665	60	38	26
455	36	35	17	550	52	35	19
470	31	48	16	570	46	48	17



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: 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

ADD-ONS:



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



MADE WITH
ORGANIC INGREDIENTS



GRASS-FED BEEF



WILD-CAUGHT FISH