

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. Chili Cheese Burrito served w/ Spanish Black Bean Cilantro Tomato Salad
2. Lemon Butter Broiled Salmon w/ Brown Rice & Peas
3. Chicken Vegetable Stew & Half Turkey Sandwich (turkey, lettuce, mustard on side)
4. Breakfast Burrito(eggs, house-made turkey sausage, cheese, sautéed peppers & onions, salsa) w/ side of grapes & berries
5. Fiesta Chicken(breast) Salad(Spring Mix, corn, black beans, Mex cheese, chipotle dressing, tortilla chips)
6. Beef & Broccoli served over Basmati White Rice
7. Pasta W/ Beef Meat-sauce
8. Parmesan Crusted Chicken over Pasta Marinara
9. Cranberry Pumpkin Seed Pecan Chicken Salad served w/ Raw Veggies & Almond Flour Crackers (low carb)
10. Smothered Salisbury Steak over Mashed Potato w/ Green Beans
11. Grilled Chicken Breast, Mixed Veg & Potato Wedges
12. Coconut Lime Chicken Thighs over Basmati Rice & Veggies
13. Lamb & Beef Street Bowl w/ Yellow Rice & Sautéed Zucchini & Onions
14. Herb Crusted Sirloin w/ Brussels & Farro(high protein Ancient Italian Grain)
15. Red Argentina Shrimp Scampi served w/ Rice Pilaf & Asparagus



4 OZ PROTEIN				6 OZ PROTEIN			
CAL	P	C	F	CAL	P	C	F
590	32	38	20	660	37	38	21
620	33	46	21	690	38	46	23
570	33	48	21	630	38	48	23
560	32	50	22	630	37	50	25
590	34	46	20	660	39	46	22
540	32	48	23	610	37	48	25
640	32	36	23	610	38	36	26
660	32	36	21	630	37	36	23
520	31	18	23	590	36	18	25
580	33	32	25	640	38	32	27
620	34	40	23	700	40	40	26
590	36	46	23	660	43	46	26
660	34	43	26	740	40	43	28
670	36	38	26	750	43	38	29
600	32	44	21	670	37	44	23



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

- Mixed Fruit (Grapes, Strawberries, Blueberries)



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

ADD-ONS:



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

2. HUMMUS BOX \$8



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

