

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

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1. Beef, Bean & Cheese Burrito w/ Verde Salsa, cheese & sour cream sauce
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2. Bourbon Glazed Grilled Salmon w/ Garlic Mashed Potato & Peas
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3. Broiled White Fish w/ broccoli & Rice Pilaf
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4. Farmer's Breakfast Bowl (pepper, onion, tomato, feta cheese, turkey sausage,) w/ Roasted Potatoes
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5. Grilled Chicken Salad w/ Spring Mix, Guacamole, Feta, Sunflower Seeds, Tomato, Onion, Bagel Chips and Ranch
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6. Roasted Chicken (breast) Peppers & Onions over Steamed Basmati White rice
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7. Pasta W/ Beef/Turkey Blend Meat-sauce
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8. Pasta Primavera, Chicken Breast, Pasta, Marinara, Sautéed Veggies (summer squash, onion, fresh herbs, mushroom, bell peppers)
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9. Tuna Salad Box (yellowfin tuna, avocado oil mayo, lemon, garlic, onion, pickle served w/ varied Crackers, tomatoes, & Dates)
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10. Chicken Fried Rice (sautéed Chicken & Asian Veggies in a Savory Sauce)
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11. Grilled Chicken Breast, Mixed Veg & Sweet Potato w/ honey & grass-fed Butter
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12. Grilled Chicken Thighs (boneless, skinless) w/ Green Beans & Corn
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13. Grilled Beef Burger on high protein bun w/ cheddar cheese, tomato lettuce mayo on side, (berries)
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14. Grilled Sirloin w/ Balsamic Brussels & Boiled Potato
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15. Sweet n Spicy Chili Shrimp Noodle & Broccoli Bowl

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.

4 OZ PROTEIN				6 OZ PROTEIN			
CAL	P	C	F	CAL	P	C	F
670	32	76	25	760	38	76	30
620	32	52	28	700	38	52	32
560	31	42	20	640	37	42	22
620	26	56	27	690	32	56	29
540	31	30	24	610	37	30	28
580	32	44	17	650	38	44	19
630	30	68	22	710	36	68	25
570	33	60	20	640	39	60	22
540	31	29	24	600	37	29	26
620	33	63	21	700	39	63	23
550	34	40	22	620	40	40	24
590	31	38	28	660	37	38	30
620	32	44	26	690	38	44	28
600	32	26	26	670	38	26	29
620	32	60	22	690	38	60	24



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



1. HIGH PROTEIN BOX \$8
Chicken Chunks, Mixed Raw Nuts, 2 power-balls, Celery w/ peanut butter topped with hemp hearts



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