

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. Beef Tacos (corn tortilla, shredded cheese, salsa)
served w/ sweet n spicy 3 bean salad 
2. Grilled Salmon served w/ Peas & Wild Rice 
3. Stewed Beef served w/ carrots & potatoes 
4. Farmer's Breakfast Bowl
(pepper, onion, tomato, feta cheese, turkey sausage,)
w/ Roasted Potatoes 
5. Chicken Mediterranean Salad
(spring mix, tomato, olive, feta cheese, bagel chips,
house med dressing) 
6. Beef, Shrooms & Onions served over
Basmati White Rice 
7. Pasta W/ Beef Meat-sauce 
8. Chicken Parmesan (baked chicken topped w/
parmesan & herbs over pasta marinara) 
9. Date & Pumpkin Seed Chicken Salad
served w/ veggies & Crackers 
10. Pizza Stuffed Chicken (Mozzarella & Marinara)
w/ Roasted Zucchini & Herbed Rice 
11. Grilled Chicken Breast, Mixed Veg & Sweet Potato
w/ honey & grass-fed Butter 
12. Chai Chicken & Rice w/ Lentils
(sautéed chai spiced chicken thighs) 
13. Beef n Lamb K-bobs served w/ Pita,
raw veggies & Taziki 
14. Grilled Sirloin w/ Shrooms & Baked Potato
w/ grass-fed butter 
15. Mexican Shrimp Cocktail (served chilled w/ shrimp,
tomato, avocado, hominy, onion, cilantro, in a Chile
tomato sauce, jalapeño on side) 

4 OZ PROTEIN				6 OZ PROTEIN			
CAL	P	C	F	CAL	P	C	F
610	32	54	25	690	37	54	28
560	31	42	24	630	37	42	27
630	34	45	26	700	38	45	29
620	26	56	27	690	32	56	29
540	31	30	24	600	36	30	27
620	34	46	24	700	39	46	28
600	30	62	24	700	36	62	27
540	31	29	28	680	39	60	27
640	33	52	27	600	37	29	31
550	34	40	22	620	40	40	24
630	34	55	24	690	37	55	27
670	34	42	27	750	41	42	30
680	36	35	28	760	43	35	31
520	32	28	20	570	38	28	22



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