

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. Chicken Soft Tacos w/ Lettuce, Tomato, Sour Cream & Salsa 
2. Broiled Salmon w/ Basmati White Rice & Broccoli w/ Savory Ginger Sauce on Side 
3. Parmesan Crusted White Fish w/ Herbed Rice 
4. Breakfast Scramble (eggs, turkey sausage, cheese, potato, bell peppers & onion) 
5. Chicken Mediterranean Bowl (chicken breast, tomato, zucchini, pickled onion, olive, tzatziki, yellow rice) 
6. Asian Chicken, Broccoli Rice Bowl (white rice, carrot, broccoli, chicken, & savory sauce on side) 
7. Pasta W/ Beef Meat-sauce 
8. Italian Chicken & Veggie Bake (chicken, pasta, onion, zucchini, bell pepper, tomato) 
9. Gouda Broccoli Mac n Cheese Bowl topped w/ sliced grilled Chicken 
10. Ginger Meatballs over Sticky Rice w/ Green Beans 
11. Grilled Chicken Breast w/ Broccoli & Roasted Potatoes 
12. Braised Chicken Thighs w/ Roasted Sweet Potato & Collard Greens 
13. Chicken Scallopini (Thin sautéed Chicken in a creamy mushroom glaze over Pasta) 
14. Grilled Sirloin Taco Bowl (rice, tomato, black beans, corn, salsa, sour cream) 
15. Spicy Shrimp Rice Bowl (scallions, spinach, tomato, lemon, red pepper flake, corn) 

4 OZ PROTEIN				6 OZ PROTEIN			
CAL	P	C	F	CAL	P	C	F
620	36	50	24	760	44	50	28
540	34	41	24	640	40	41	27
520	32	38	22	620	38	38	25
590	37	43	28	680	45	43	33
560	34	44	22	660	40	44	26
520	33	48	16	620	39	48	19
640	32	62	24	740	38	62	28
620	34	56	24	720	41	56	27
660	38	46	32	760	46	46	35
540	32	52	18	640	38	52	22
580	34	42	26	680	40	42	30
520	34	38	20	620	40	38	23
640	36	58	28	760	42	58	32
620	36	52	26	740	44	52	30
560	34	48	18	660	42	48	21



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