

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 Southwest Bowl (ground beef, brown rice, black beans, cheese, salsa, sour cream)
2. Grilled Salmon w/ Basmati White Rice & Broccoli w/ Savory Ginger Sauce on Side
3. Lemon Thyme White Fish over Veggie Herbed Rice
4. Farmer's Breakfast Bowl (Turkey Sausage, scrambled eggs, spinach, onion, bell pepper, tomato, cheese, potatoes)
5. Beef Stuffed Bell Pepper (onion, spinach, rice, tomato sauce, topped with cheddar cheese)
6. Pineapple Chicken & Rice (chicken breast, bell pepper, broccoli, pineapple, savory sauce, over white basmati rice)
7. Pasta w/ Beef Meat-sauce
8. Chicken & Mushroom Masala over Pasta (chicken breast, portabellas, creamy sauce)
9. Fiesta Chicken Salad (chicken breast, tomato, spring mix, chipotle ranch, guacamole, salsa, black beans, tortilla pieces)
10. Beef & Lamb Kabobs w/ Yellow Rice & Peas
11. Grilled Chicken w/ Sweet Potato (honey butter on side) & Mixed Veggie
12. BBQ Chicken Thighs w/ Mashed Potato & Green Beans
13. Baked Rosemary Chicken w/ Italian Veg Medley & Farro
14. Honey Butter Grilled Spicy Broccoli & Mashed Potato (Sirloin Steak)
15. Red Argentina Shrimp Scampi w/ Mixed Vegetable Rice Pilaf



4 OZ PROTEIN				6 OZ PROTEIN			
CAL	P	C	F	CAL	P	C	F
540	34	58	24	690	42	58	28
520	34	44	22	630	38	44	28
430	32	42	16	540	40	42	20
470	32	46	14	590	40	46	18
520	34	52	18	680	42	52	24
500	34	54	18	640	42	54	22
600	32	64	20	720	38	64	26
560	34	56	24	680	42	56	28
520	34	42	22	620	40	42	26
580	36	50	26	760	46	50	32
500	34	46	18	640	42	46	22
520	34	48	22	680	42	48	26
520	34	46	20	640	42	46	24
560	36	44	28	720	44	44	34
480	32	46	20	620	38	46	24



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

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:

1. 6oz CHICKEN BREAST GRILLED
\$7.25 EACH



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



MADE WITH
ORGANIC INGREDIENTS



GRASS-FED BEEF



WILD-CAUGHT FISH