



NEW MENU!

Order by Wednesday 1/10 at 4 to pick-up on Saturday 1/13 by 12pm

HEALTHY GOURMET MEALS



Buffalo Chicken, Twice Baked Potato Casserole & Broccoli, \$11.50

Calories: 348 Fat: 9 Carbs: 28
Fiber: 5 Sugar: 6 Sodium: 398
Protein: 34

*gluten-free



Chicken Fajitas, Sautéed Peppers & Onion in Corn Tortillas, \$11.50

*gluten-free



Turkey Bruschetta Burger, Roasted Potatoes & Spinach, \$11.50

Calories: 319 Fat: 6.7 Carbs: 21
Fiber: 5 Sugar: 4.2 Sodium: 364
Protein: 31

*gluten-free



Slow Cooked Pork with Roasted Potatoes, Squash & Zucchini, \$11.50

Calories: 308 Fat: 6.1 Carbs: 23
Fiber: 2.7 Sugar: 2.7 Sodium: 75.4 Protein: 40

*gluten-free *dairy-free



Beef Burrito Bowl, \$11.50

Calories: 327 Fat: 9 Carbs: 26
Fiber: 5 Sugar: 3 Sodium: 384
Protein: 30

*gluten-free *dairy-free



Steak, Potatoes & Asparagus, \$11.50

Calories: 286 Fat: 7 Carbs: 24
Fiber: 5 Sugar: 4 Sodium: 221
Protein: 30

*gluten-free *dairy-free



Herbed Salmon, Brown Rice & Mixed Veggies, \$11.50

Calories: 311 Fat: 10 Carb: 23
Fiber: 3.5 Sugar: 1.7 Sodium: 214
Protein: 29.7

*gluten-free *dairy-free

CLEAN & LEAN MEALS



Clean & Lean Chicken, \$10.00

Calories: 254 Fat: 3 Carbs: 24 Fiber: 5 Sugar: 4 Sodium: 234 Protein: 32

*gluten-free *dairy-free



Clean & Lean Ground Turkey, \$10.00

Calories: 273 Fat: 4 Carb: 24 Fiber: 5 Sugar: 4 Sodium: 272 Protein: 31

*gluten-free *dairy-free



Clean & Lean Cod, \$10.00

Calories: 273 Fat: 3.6 Carb: 24 Fiber: 4.6 Sugar: 1.5 Sodium: 200 Protein: 29

*gluten-free *dairy-free