

## Menu Week March 24th and March 31th

Save 15% when you order 7 or more meals on the subscription plan. Pick up beginning Friday and noon at Redefined Food Co or FIT Physical Therapy Friday 1 pm to 4 pm. Deliveries (extra charge) Friday's. Must leave a cooler with ice if you won't be home.

### Menu Week of March 24th

#### **Shredded Buffalo Chicken & Cheesy Cauliflower Rice (GF) \$11.99**

344 calories, 19.2 fat, 173 sodium, 31.1 carb, 37.5 protein

Ingredients: shredded buffalo chicken, cauliflower rice, peas, carrots, olive oil, house cheese sauce (cheddar, cream) , scallion, redefined food seasonings

#### **Teriyaki Shredded Beef (GF)(DF) \$12.99**

568 calories, 10.3 fat, 388 sodium, 34.4 carb, 40.2 protein

Ingredients: shredded beef, stir fry veg, olive oil, brown rice/house teriyaki (GF soy sauce, honey), redefined food seasonings

#### **Chicken Fajita Bowl (GF) \$11.99**

533 calories, 9.5 fat, 364 sodium, 42.9 carb, 28.6 protein

LC 340 calories, 9,2 fat, 301 sodium, 22.1 carb, 28.3 protein

Ingredients: chicken, peppers, onions, olive oil, seasoned brown rice, cilantro, sour cream, cane sugar, redefined food seasonings

#### **Deconstructed Turkey Burger Bowl (GF) \$11.99**

Our spin of the Turkey Cheeseburger without the Bun

527 calories, 24.6 fat, 308 sodium, 37.6 carb, 34.1 protein

LC 325 calories, 24.4 fat, 254 sodium, 17.9 carb, 33.8 protein

Ingredients: brown rice, ground turkey, house pickles, diced tomatoes, shredded cheese, house special sauce

#### **Mushroom Carnitas (GF)(VG)(V)(DF) \$11.99**

475 calories, 16.9 fat, 372 sodium, 61.3 carb, 20.6 protein

Ingredients: shredded oyster mushrooms, quinoa, olive oil, house salsa verde (tomatillos) cilantro, black beans, redefined food seasonings

Ingredients Subject to Change. Please ask if you have allergies.

# Menu Week of March 31st

## **Shredded Bbq Chicken (GF)(DF) \$11.99**

462 calories, 16.9 fat, 328 sodium, 41 carb, 51 protein

LC 351 calories, 16.7 fat, 309 sodium, 21 carb, 50.7 protein

Ingredients: shredded chicken, house bbq sauce (tomato, organic cane sugar), roasted potatoes, green beans, scallion, pickled onion, vinegar, redefined food seasonings

## **Firecracker Chicken Bowl (GF)(DF) \$11.99**

340 calories, 9.2 fat, 301 sodium, 22.1 carb, 28.3 protein

Ingredients: chicken, broccoli, cauliflower rice, sesame seeds, olive oil, scallion, redefined food seasonings

## **Eggroll in a Bowl (GF)(DF) \$11.99**

453 calories, 12.9 fat, 598 sodium, 41.5 carb, 26.8 protein

LC 351 calories, 12.7 fat, 569 sodium, 21.9 carb, 26.6 protein

Ingredients: ground turkey, cabbage, brown rice, carrots, onion, scallion, organic cane sugar, ginger, garlic, redefined foods special seasonings

## **Italian Pot Roast(shredded beef) (GF) \$12.99**

**528 calories, 14.5 fat, 367 sodium, 40.6 carb, 35.7 protein**

424 calories, 14.2 fat, 327 sodium, 20.2 carb, 35.5 protein

Ingredients: beef, sweet potato, cream, butter, celery, onions, peas, carrots, cane sugar, starch, redefined food special seasoning

## **Coconut Tofu Curry (GF)(DF)(VG)(V) \$11.99**

**342 calories, 13.9 fat, 113 sodium, 55.6 carb, 19.4 protein**

Ingredients: quinoa, tofu, coconut milk, red peppers, carrots, snap peas, broccoli, mushrooms, water chestnuts, olive oil, cane sugar, redefined food seasonings

Ingredients Subject to Change. Please ask if you have allergies.