

Menu Week of May 26th and June 2nd

Subscription Customers save 10% when ordering 7 or more meals per week. Order online by Tuesday at midnight for pickup beginning Friday. www.redefinedfoodco.com

CLOSED MAY 29th- Meals will be ready for pickup May25th at noon

Week of May 26th

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 Meatballs (GF)(DF) \$12.99

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

LC 398 calories, 10.1 fat, 307 sodium, 18.7 carb, 39.9 protein

Ingredients: ground beef, broccoli, olive oil, brown rice and teriyaki sauce, 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

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

Chipotle Chickpea (GF)(VG)(V)(DF) \$11.99

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

Ingredients: broccoli, chickpea, quinoa, olive oil, house chipotle sauce, cane sugar, scallions, redefined food seasonings

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

Week of June 2nd

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Curry Chicken Bowl (GF)(DF) \$11.99

542 calories, 13.9 fat, 113 sodium, 55.6 carb, 48.1 protein

LC 428 calories, 13.6 fat, 109 sodium, 24.9 carb, 47.8 protein

Ingredients: chicken, coconut milk, brown rice, red peppers, carrots, snap peas, broccoli, mushrooms, water chestnuts, olive oil, cane sugar, 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

Lasagna Bolognese

Gluten Free noodles stuffed with Ricotta and our House Bolognese Sauce made with fresh from Florida beef and topped with Mozzarella

555 calories, 26.6 fat, 365 sodium, 48.1 carb, 31.5 protein

Ingredients: ground beef, celery, carrots, onion, tomatoes, basil, ricotta, mozzarella, redefined food special seasonings

Coconut Tofu Curry Bowl (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.