

## Menu Week of June 2nd and June 9th

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](http://www.redefinedfoodco.com)

### Week of June 2nd

#### **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, 54.8 protein

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

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

540 calories, 9.2 fat, 301 sodium, 42.1 carb, 28.3 protein

Ingredients: chicken, broccoli, brown 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, onion, scallion, organic cane sugar, ginger, garlic, redefined foods special seasonings

#### **Lasagna Bolognese (GF) \$12.99**

*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, 23.4 protein

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

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

## Menu Week of June 9th

### **Chili Crunch Salmon (GF)(DF) \$12.99**

509 calories, 16.3 fat, 253 sodium, 46.1 carb, 38.8 protein

LC 395 calories, 16.2 fat, 215 sodium, 17.9 carb, 38.5 protein

Ingredients: salmon, stir fry veggies, olive oil, brown rice, redefined food seasonings, house chili crunch

### **Turkey Enchilada Bowl (GF) \$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, brown rice, peppers, onions, cheese, olive oil, redefined foods special seasonings and sauce

### **Mac n Cheese (VG) NOT GF \$8.25**

759 calories, 22.9 fat, 798 sodium, 98.5 carb, 36.8 protein

Ingredients: pasta, whole milk, cheddar cheese, olive oil, redefined foods special seasonings

### **Curried Red Lentil (GF)(DF)(VG)(V) \$11.99**

431 calories, 5.5 fat, 306 sodium, 71.2 carb, 21.6 protein

Ingredients: lentils, quinoa, curry, coconut milk, cane sugar, sweet potato, parsnips, yellow carrots, red onion, kale, gluten free soy sauce, onions, garlic, mushrooms, sesame seeds

### **Cilantro Lime Chicken (GF)(DF) \$11.99**

595 calories, 20.9 fat, 39.2 carb, 304 sodium, 42.3 protein

LC 418 calories, 20.7 fat, 19.6 carb, 294 sodium, 42.2 protein

Ingredients: chicken, cilantro, lime, rice, olive oil, black beans, corn, redefined food seasonings, cilantro crema

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