

# Menu Week of September 13th

Pick up day - Wednesday 11 am to 8 pm

**New Subscription Plans -Pre-order via text once you are registered**

## **Balsamic Chicken (GF) \$11.99**

Ingredients: chicken, potato, olive oil, green beans, redefined food special seasonings

590 calories, 25.8 fat, 399 sodium, 30.4 carb, 39.5 protein

LC 397 calories, 299 sodium, 18.3 carb, 48.3 protein, 25.6 fat

A 836 calories, 481 sodium, 41.2 carb, 50.2 protein

## **Tuscan Chicken Pasta \$11.99**

Ingredients: chicken, pasta, spinach, olive oil, roasted red peppers, tomato, cane sugar, ricotta, basil, redefined food special seasonings

669 calories, 32.3 fat, 421 sodium, 30.6 carb, 45.6 protein

LC 459 calories, 30.3 fat, 331 sodium, 10.9 carb, 45.4 protein

A 902 calories, 41.9 fat, 529 sodium, 45.7 carb, 60.2 protein

## **Ground Beef Stir Fry (GF)\$12.99**

Ingredients: ground beef, brown rice, peppers, onions, olive oil, sour cream, redefined food special seasonings

536 calories, 22.4 fat, 322 sodium, 37.6 carb, 39.7 protein

LC 361 calories, 22.2 fat, 226 sodium, 12.5 carb, 39.5 protein

A 776 calories, 28.1 fat, 367 sodium, 48.1 carb, 41.9 protein

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

Ingredients: chick pea, brown rice, seasonal veggies, olive oil, curry, coconut milk, redefined food special seasonings

691 calories, 22.4 fat, 291 sodium, 89.2 carb, 28.4 protein

A 902 calories, 33.1 fat, 356 sodium, 102.7 carb, 36.6 protein

## **Shredded Pork Taco Bowl (GF) \$11.99**

Ingredients: pork, corn, black beans, brown rice, olive oil, cilantro, sour cream, redefined food special seasonings

572 calories, 16.9 fat, 432 sodium, 56 carb, 48 protein

LC 376 calories, 16.7 fat, 332 sodium, 28 carb, 47.1 protein

A 801 calories, 29.1 fat, 489 sodium, 73.2 carb, 61.1 protein

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

# Menu Week of September 20th

Pick up day - Wednesday 11 am to 8 pm

**New Subscription Plans -Pre-order via text once you are registered**

## Chili Aioli Meatballs \$12.99

Ingredients: ground beef, egg, bread crumb, brown rice, olive oil, seasonal veggie, redefined food special seasonings

544 calories, 21.6 fat, 185 sodium, 29.4 carb, 31 protein

LC 351 calories, 20.2 fat, 166 sodium, 8.7 carb, 29.8 protein

A 896 calories, 36.1 fat, 269 sodium, 47 carb, 44 protein

## Chicken Marsala \$11.99

Mashed Potatoes/Broccoli/Mushroom Sauce

Ingredient: chicken, potato, cream, olive oil, broccoli, mushroom, corn starch, beef, redefined food special seasoning

506 calories, 19.6 fat, 329 sodium, 43.3 carb, 39.5 protein

LC 315 calories, 19.3 fat, 299 sodium, 19.2 carb, 39.3 protein

A 825 calories, 30.4 fat, 386 sodium, 61.1 carb, 51.3 protein

## Curried Chicken (GF)(DF) \$11.99

Brown Rice/House Curry/Veg Mix

Ingredients: chicken, brown rice, olive oil, seasonal veggies, coconut milk, cane sugar, redefined food special seasoning

542 calories, 23.9 fat, 113 sodium, 55.6 carb, 48.1 protein

LC 352 calories, 23.5 fat, 108 sodium, 24.8 carb, 47.8 protein

A 738 calories, 38.1 fat, 149 sodium, 70.1 carb, 60.4 protein

## BBQ Ground Beef (GF) \$12.99

Roasted Sweet Potatoes/Ground Beef/Veg Mix

Ingredients: ground beef, sweet potato, veggie mix, tomato sauce, brown sugar, olive oil, redefined food special seasoning

556 calories, 22.4 fat, 352 sodium, 37.6 carb, 39.7 protein

LC 372 calories, 22.2 fat, 226 sodium, 12.5 carb, 39.5 protein

A 794 calories, 28.1 fat, 387 sodium, 48.1 carb, 41.9 protein

## Chili Crunch Sweet Potatoes (GF)(V)(DF) \$11.99

Roasted Sweet Potatoes/Lentils/Veg Mix

Ingredients: lentils, sweet potato, olive oil, veggies, cane sugar, redefined food special seasoning

562 calories, 9.2 fat, 209 sodium, 75.6 carbs, 24.4 protein

A 768 calories, 12.7 fat, 289 sodium, 91.2 carbs, 31.1 protein

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

