



Monday, November 6th Delivery

Save 20% on your first order with ***freshchef20*** at checkout!

Check out our family meal options this week. Details below.

☀️ **Chef Austin's Pick**

☀️ ****NEW** Whole30 Breakfast Casserole** *gf/kf*

Organic eggs, heavy cream, breakfast sausage, mushrooms, bell peppers, onions, bell peppers, and kale. Topped with shredded cheddar cheese. Served with a choice of pineapple or breakfast potatoes.

450 Cal | 28g Carb | 18.8g Fat | 31g Protein

Blueberry Baled Oatmeal *gf*

Rollled oats, blueberries, cinnamon, and white chocolate chips are mixed together and served with fresh blueberries, spinach, 100% maple syrup, and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 18 g Protein

☀️ **Freshchef Steak Salad** *gf/kf*

Hundred Acre Spring Mix. Cherry tomatoes, cucumbers, pickled red onions, roasted corn, feta cheese. Server with a creamy horseradish dressing and grilled tenderloin.

Sub proteins available

439 Cal | 7.1g Carb | 32.3g Fat | 26.9g Protein

****NEW** Chicken Tinga Ravioli**

Braised chipotle chicken with garlic, onions, and spices is served with cheese-filled ravioli, grilled zucchini, queso fresco, and chopped cilantro.

Sub zucchini noodles for gf and low-carb

492 Cal | 25.7g Carb | 22.3g Fat | 51.4g Protein

Low Carb (GF): 320 Cal | 9.1g Carb | 15.1g Fat | 43.1g Protein

☀️ **Bourbon Chicken** *gf*

Marinated grilled chicken thighs tossed in a tangy bourbon glaze and topped with bagel seasoning: blanched broccoli, roasted carrots, and steamed white rice.

Low Carb | Protein Options available

428 Cal | 55.8g Carb | 18g Fat | 32.2g Protein

Low Carb (GF): 380 Cal | 26.9g Carb | 18g Fat | 59g Protein

☀️ ****NEW** Coach's Tater Tot Casserole** *gf*

Seasoned ground beef with cream and mushrooms, green beans, sweet potato tater tots, shredded mix cheese, and served with steamed broccoli. YUM!!

409 Cal | 18.4g Carb | 22.5g Fat | 33.2g Protein

Naturally, a low-carb meal

****NEW** Vegetarian Mexican Lasagna gf**

There are lots of veggies here! Roasted bell peppers, onions, garlic, zucchini, sweet potato, black beans, corn, and poblano peppers are laid on corn tortillas, covered in chipotle red sauce, mixed cheeses, and cilantro for garnish. Served with a side of sour cream.

556 Cal | 76.5g Carb | 21g Fat | 16.7g Protein

****NEW** Spicy Shimp Poke Bowl gf | df**

Steamed white sushi rice. Edamame, pickled carrots and cucumber, grilled zucchini, red cabbage, and red bell pepper. Served with Bang Bang honey Sriracha sauce and roasted shrimp.

Sub salmon available | Sub Cauliflower rice available for low-carb

494 Cal | 47.1g Carb | 23.7g Fat | 22.4g Protein

Low Carb (GF): 338 Cal | 13.1g Carb | 23g Fat | 20.4g Protein

Family Style Meal Series - November

Large portions of family meals are available for your family. 4-6 Portions.

All are available under the [Specials tab](#).

November 6th Delivery - Shepherds Pie

TAKE AND BAKE: Ground beef braised with carrots, celery, onions, peas, tomato paste, red wine, and broth. Topped with whipped Yukon gold potatoes and parsley. Served with a side salad and creamy parm dressing.

To bake/reheat: Preheat the oven to 350 degrees. Crack an egg and discard the whites. Smear the yolk on top of the potatoes and bake for 45 minutes until the internal temperature reaches 165 degrees.

Soup Special

Loaded Baked Potato Soup

Cream-based soup with red-skinned potatoes, onions, garlic, and carrots. Topped with Hooks Aged Shredded Cheddar and Nuskes Bacon.

[Please check out our specials here!](#)