



Tuesday, December 26th Delivery

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

Chef Austin's Pick

Eggscellent Protein Scrambler gf/kf

Fluffy scrambled eggs, ground turkey sausage, roasted Roma tomatoes, leaf spinach, breakfast potatoes, and Jack's Cantina salsa. ..

434 Cal | 27.1g Carb | 25.2g Fat | 29.5g Protein

Chorizo Breakfast Burrito

Local pork Chorizo, roasted potatoes, cheddar cheese, fajita veggies. Served with a tomatillo avocado salsa.

485 Cal | 48g Carb | 18g Fat | 28g Protein

The Italian Stallion Salad gf/kf

A Freshchef OG! Hundred Acre Spring Mix. Hard Salami, garbanzo beans, green bell pepper, cucumber, cherry tomatoes, mozzarella cheese, and pickled red onions. Served with an Italian vinaigrette.

487 Cal | 29.6g Carb | 30.4g Fat | 27.1g Protein

****NEW** 🌟 Chicken Parm Pasta**

Breaded chicken breast topped with marinara, shaved parm, and mozzarella, laying on a bed of linguine pasta tossed in an alfredo sauce and fresh spinach.

Sub zoodles for low-carb and gluten-free

477 Cal | 62.3g Carb | 18.6g Fat | 39g Protein

Low Carb (GF): 306 Cal | 11.2g Carb | 18.6g Fat | 39g Protein

****NEW** 🌟 Slow Cooker Chicken Masala gf|df**

Slow-cooked shredded chicken simmered in a tomato curry broth with coconut milk. Topped with vegetables: peas, carrots, bell peppers and served with steamed white rice.

Low carb available

455 Cal | 52.4g Carb | 22.2g Fat | 38g Protein

Low Carb (GF): 388 Cal | 18.2g Carb | 22.2g Fat | 38g Protein

🌟 White Castle Casserole gf

Ground grass-fed beef with caramelized onions, seasoned green beans, white rice, pickle slices, cheddar cheese, and secret sauce.

Sub cauliflower rice for low-carb

543 Cal | 49.7g Carb | 24.1g Fat | 33.4g Protein

Low Carb: 420 Cal | 19.1g Carb | 24.1g Fat | 32.4g Protein

****NEW** Nicks Cauliflower Tacos gf**

Salty, zingy, and spicy. Roasted cauliflower with red pepper and cabbage slaw, chopped peanuts, cilantro, and flour tortillas, served with a spicy peanut sauce and steamed rice.

Add proteins Available | GF available

454 Cal | 60g Carb | 23g Fat | 18.5g Protein

🌟Baked Salmon gf

Freshchef baked salmon filet topped with a roasted garlic herbed butter, served with green beans and roasted potatoes.

Shrimp available | Sub cauliflower rice for low-carb

428 Cal | 33g Carb | 17.2g Fat | 36.7g Protein

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

Family Style Meal Series - WILL RETURN IN JANUARY

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

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

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