



Monday, August 5th Delivery

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

Single-serving meals are available for bulk discount.

HAPPY BIRTHDAY, CHEF AUSTIN!

☀️ **Chef Austin's Pick**

☀️ **Carnitas Breakfast Burrito**

Slow-braised shredded pork, scrambled eggs, pico de gallo, and shredded cheddar cheese. Served with Cilantro Cream sauce.

Dairy-free option available

454 Cal | 60g Carb | 13g Fat | 23g Protein

Apple Walnut Salad (GF)

[Hundred Acre Spring Mix](#): roasted green apples, cranberries, walnuts, butternut squash, quinoa, feta cheese, and maple balsamic vinaigrette.

Add proteins available

439 Cal | 49.2g Carb | 22g Fat | 13.7g Protein

☀️ **Buffalo Chicken Mac**

Yes, yes. The time has come. Elbow noodles, cheddar cheese sauce, buffalo chicken, blanched broccoli.

*Zoodles for **gluten-free-low carb** | Plain Chicken Available*

546 Cal | 30.5g Carb | 22g Fat | 40.1g Protein

Low Carb: 379 Cal | 16.6g Carb | 21.6g Fat | 35.5g Protein

Chicken and Sausage Jambalaya (GF)

Cajun roasted chicken, andouille sausage, white rice, creole sauce, scallions, shredded parmesan cheese.

****Mild Spice****

450Cal | 29g Carb | 26.8g Fat | 41.3g Protein

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

☀️ **Beef and Broccoli (GF)**

Teriyaki and sesame-marinated beef with vibrant blanched broccoli, steamed white rice, garnished with scallions, and sprinkled with sesame seeds.

Sub zoodles or cauliflower for lower-carb

402 Cal | 25.8g Carb | 21.8g Fat | 26.5g Protein

Low Carb (GF): 337 Cal | 11.3g Carb | 21.6g Fat | 26.4g Protein

Tomato Cream Vegetable Tortellini

Green leaf spinach, cheese-filled tortellini pasta, tomato cream sauce with fresh basil, grilled zucchini, red bell pepper, and feta cheese.

*Low-carb and **gluten-free** available | Add proteins available*

506 Cal | 65.4g Carb | 18.1g Fat | 20.4g Protein

Low Carb (GF): 255 Cal | 19.3g Carb | 14.4g Fat | 13.2g Protein

Roasted Garlic Baked Salmon (GF)(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

Family Style Meal Series - 8/5/2024 Delivery

Carnitas Tacos

Pulled Carnitas meat, served with local corn tortillas (12), cilantro cream, roasted corn pico de gallo, and shredded cabbage.

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!](#)