



Monday, January 6th 2025

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Happy New Year!

🌟 **Chef Austin's Pick**

🌟 **Meat Lovers Breakfast Burrito**

Flour tortilla, scrambled eggs, smoked ham, bacon, breakfast sausage, shredded cheddar cheese, and chipotle cream sauce.

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

🌟 **Chef's Seasonal Grain Bowl**

Wintertime grain bowl loaded with fiber and protein. White rice, barley, kale, farro, quinoa, shredded Brussels sprouts, roasted sweet potato, cranberries and roasted chickpeas. Served with honey-lime and herb vinaigrette.

Add proteins available

335 Cal | 70g Carb | 3.2g Fat | 13.2g Protein

🌟 **Greek Chicken gf**

Tender grilled chicken breast served with steamed white rice, grilled zucchini, roasted pepper and onions, tzatziki sauce, tomato, and feta cheese relish.

Low Carb Available | Dairy-free available

462 Cal | 55.3g Carb | 8.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 8.7g Fat | 37.6g Protein

🌟 **Teriyaki Chicken**

Grilled Teriyaki chicken thighs, roasted pineapple, vegetable rice pilaf with peas, carrots, red bell pepper, and a side of teriyaki glaze.

Sub cauliflower rice for low-carb | Gluten-free Available

430 Cal | 32g Carb | 15g Fat | 38g Protein

Low Carb (GF): 369 Cal | 21.4g Carb | 15.5g Fat | 39.8g Protein

Meatballs and Vodka Cream Pasta

Penne pasta with a vodka cream sauce, served with chicken and beef meatballs, shaved parmesan cheese, and fresh parsley.

Zoodles for low-carb | Gluten-Free Available

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

🌟 **Pizza Cauliflower Bowl (VEG) GF**

Spinach Leaf, Roasted sweet potatoes, cauliflower, grilled zucchini moons, fresh tomato basil marinara, shredded mozzarella cheese, and parsley.

400 Cal | 51.2g Carb | 16.6g Fat | 14.6g Protein

Bang Bang Shrimp g|df

8 pcs Perfectly roasted jumbo shrimp served alongside blanched broccoli, seasoned white rice, bang bang shrimp sauce for dipping, and garnished with scallions.

Sub cauliflower rice for low-carb

312 Cal | 30g Carb | 9.4g Fat | 27g Protein

Low Carb (GF): 247 Cal | 15.5g Carb | 9.2g Fat | 26.9g Protein

Family Style Meal Series

Chipotle Chicken Pitas

Grilled chicken thighs, pepper jack cheese, chipotle lime aioli, pico de gallo, grilled pita bread.

Soup

Cream of Chicken and Gnocchi

Cream-based soup with carrots, celery, onions, roasted chicken, herbs, and potato gnocchi.

32 oz serving | 3-4 servings.

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!](#)