



Monday, January 27th 2025

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

 **Chef Austin's Pick**

 **Breakfast Tots (GF)**

Baked potato puffs loaded with scrambled eggs, smoked ham, and cheddar cheese, served with fresh Pico de gallo.

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

 **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

Chicken Bacon and Ranch (GF)

Herb and garlic marinated chicken breast, bacon, cheddar cheese, blanched green beans, and roasted red-skin potatoes. Served with a side of Freshchef ranch.

513 Cal | 33.6g Carb | 28.8g Fat | 30.6g Protein

Low Carb: 440 Cal | 13.6g Carb | 28.8g Fat | 30.6g Protein

 **Cacio De Pepe Pasta**

Translation: Cheese and Pepper. Spaghetti noodles, grilled chicken, parmesan cream sauce, and cracked black pepper served with steamed broccoli.

Zoodles for gluten-free low carb | Sub Salmon Available

523 Cal | 49.5g Carb | 23.8g Fat | 33.1g Protein

Low Carb: 356 Cal | 14.5g Carb | 23.4g Fat | 28.5g Protein

****NEW** Sweet Potato Taco Bowl (GF)**

Sweet potato wedges, taco seasoned ground beef, shredded mixed cheese, pico de gallo, and served with sour cream.

562 Cal | 33.2g Carb | 30.2g Fat | 38.3g Protein

 **Tomato Cream Vegetable Tortellini**

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

Low-carb and gluten-free pasta 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

Blackened Salmon and Quinoa gf/df

A blackened roasted salmon filet is served with a corn and black bean southwest quinoa salad, blanched broccoli, fresh lime, and chipotle cream sauce.

685 Cal | 50g Carb | 21g Fat | 52.6g Protein

Low Carb: 420 Cal | 18g Carb | 21g Fat | 50g Protein

Family Style Meal Series

Sloppy Joe Family Meal Kit

One Pound turkey sloppy joe meat sauce, oven-baked tater tots, baked beans, macaroni salad, and four brioche buns.

Serves 4-5

Soup

Tomato Basil Bisque

Tomato cream-based soup with chicken stock, tomatoes, basil, garlic and balsamic. Served with butter-herbed croutons.

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!](#)