



**Monday, March 3rd 2025**

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 **Chef Austin's Pick**

**Bacon Egg and Cheese Bagel**

Plain bagel, scrambled egg, cheddar cheese, applewood smoked bacon. Served with a choice of fresh fruit or breakfast potatoes.

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

 **Chef's Seasonal Grain Bowl**

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, kale, roasted sweet roasted corn, seasoned black beans, pico de gallo, and bell peppers are also included. The bowl is served with a cilantro-lime vinaigrette.

*Add proteins available*

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

**\*\*NEW\*\* Chicken Bulgogi**

Korean BBQ Grilled chicken, udon noodles, Mixed vegetables, blanched broccoli and scallions. Served with a Korean BBQ sauce.

*Low Carb Available*

480 Cal | 56.4g Carb | 9.5g Fat | 41.2g Protein

Low Carb: 292 Cal | 18.2g Carb | 9.1g Fat | 35.3g Protein

**Chicken Salad Sandwich**

Roasted shredded chicken breast, celery, cranberries, mayo, and lemon juice are served on a brioche bun with leaf lettuce and sweet potato tots.

*Sub lettuce wraps for low-carb and gluten-free*

623 Cal | 48.2g Carb | 28g Fat | 32g Protein

Low Carb: 426 Cal | 19g Carb | 28g Fat | 32g Protein

**Swedish Meatballs**

7 Beef and Chicken meatballs, mashed potatoes, light brown gravy, blanched broccoli. Served with a lingonberry sauce.

*Sub zoodles for low-carb*

450 Cal | 30g Carb | 22.4g Fat | 31.8g Protein

Low Carb (GF): 383 Cal | 15.1g Carb | 22.5g Fat | 30.7g Protein

**Vegetable Fried Rice**

Steamed white rice, carrots, corn, peas, grilled zucchini, yellow squash, red bell peppers, scallions, and fried eggs are served with a teriyaki sauce. **Psst.. add the shrimp.**

*Add protein available | Gluten-free available with no sauce*

339 Cal | 69.3g Carb | 3g Fat | 8.4g Prote

### **Sweet Chili Roasted Salmon gf|df**

Roasted salmon is served with a sweet garlic chili sauce, steamed white rice, broccoli,

*Sub cauliflower rice for low-carb*

460 Cal | 57.3g Carb | 15.8g Fat | 36.9g Protein

*Low Carb: 338 Cal | 27.3g Carb | 15.8g Fat | 35.9g Protein*

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## **Family Style Meal Series**

### **Classic Chicken Alfredo with Roasted Broccoli**

**12 ounces of cooked penne pasta, one pint of Freshchef Alfredo, roasted broccoli, and baked garlic bread at home.**

*Sub-gluten-free pasta is available*

**Serves 4-6**

### **Soup**

#### **Chicken Tortilla Soup (GF)**

Shredded chicken with a spiced tomato-based broth, corn, black beans, and lime juice. *At home, top with shredded cheese and tortilla chips.*

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!](#)