



**Monday, March 24th 2025**

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 ***Chef Austin's Pick***

**Spinach Bacon and Feta Egg Bites *gf***

A Freshchef Original Gangster consists of whole eggs, spinach, bacon, feta cheese, and bell peppers.  
Four egg bites served with salsa.

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

 **Chef's Seasonal Grain Bowl**

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, kale, roasted sweet 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

**Chicken Marsala Pasta**

Rigatoni pasta topped with grilled chicken breast, roasted mushroom and onion marsala wine sauce, fresh herbs, and herb cream cheese. YUM!

545 Cal | 42g Carb | 26g Fat | 32g Protein

**Low Carb (GF):** 322 Cal | 11.2g Carb | 26g Fat | 31g Protein

**\*\*NEW\*\***  **Butter Chicken**

Tender grilled chicken breast smothered in a savory butter curry sauce and served with blanched green beans and saffron rice.

*Low Carb 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

**\*\*NEW\*\***  **Teriyaki Pork**

Grilled Teriyaki Boneless Pork Chop served with teriyaki garlic sauce, roasted pineapple, steamed white rice, and mixed vegetables: corn, peas, carrot, and green beans.

*Opt for cauliflower rice for a low-carb alternative.*

457 Cal | 63.3g Carb | 12.1g Fat | 38.9g Protein

**\*\*NEW\*\*** **Garlic Butter Steak Dinner**

Garlic butter steak bites served with blanched broccoli and rosemary roasted yukon potato wedges.

565 Cal | 51g Carb | 26.2g Fat | 39.5g Protein

**Low Carb (GF):** 384 Cal | 18.2g Carb | 23.2g Fat | 25.1g Protein

### 🌟 Shrimp Scampi Pasta

Lemon roasted shrimp served with linguine pasta, lemon cream sauce, fresh herbs, and broccoli.

468 Cal | 36.9g Carb | 16.6g Fat | 41.5g Protein

Low Carb: 363 Cal | 15.9g Carb | 16.1g Fat | 38g Protein

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## Family Style Meal Series

### Chicken Lo Mein

**One pound teriyaki grilled chicken thighs, 10 oz lo mein noodles, blanched broccoli and mixed vegetables.**

*To serve, cook in 2 batches: Cook lo mein and chicken in a nonstick skillet, add mixed vegetables, and serve broccoli as a side.*

**Serves 4-6**

### Soup

#### Beef and Vegetable Minestrone

This hearty Italian soup is loaded with vegetables simmered with herbs, garlic, beans, pasta, and tender beef.

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!](#)