



**Monday, May 19th, 2025 Delivery**

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

***Happy Mother's Day!***

 **Chef Austin's Pick**

**Grilled Summer Squash Grain Bowl**

A seasonal grain bowl with fiber and protein consists of white rice, barley, kale, farro, quinoa, grilled yellow squash, zucchini, red bell peppers, red onions, and asparagus. Served with a sweet garlic vinaigrette.

*Add the proteins available*

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

**\*\*NEW\*\***  **Loaded Potatoes**

Roasted potato wedges and sweet potatoes - served with grilled chicken breast, applewood-smoked bacon, cheddar cheese, scallions, and sour cream.

423 Cal | 46g Carb | 32g Fat | 36g Protein

 **White Cheddar Mac**

White cheddar mac and cheese topped with honey pepper chicken thighs, blanched broccoli, and chopped scallions.

Gluten-free pasta available | Low Carb Available

540 Cal | 55g Carb | 32g Fat | 36g Protein

LOW CARB - 320 Cal | 18g Carb | 32g Fat | 36g Protein

**Bourbon Glazed Meatballs**

Beef meatballs, glazed with a sweet and tangy bourbon glaze, served with blanched green beans and mashed potatoes.

*Gluten-free meatballs available*

482 Cal | 48.6g Carb | 25.6g Fat | 16.7g Protein

**\*\*NEW\*\***  **Salmon Rissotto**

White wine mushroom risotto with mushroom, asparagus, chicken stock, parmesan cheese, roasted salmon filet, and a side of pesto.

455 Cal | 47g Carb | 32g Fat | 41g Protein

---

[Please check out our frozen meals!](#)

**Family Style Meal Series**  
**Will Return Fall 2025**