



## Monday, June 2nd, 2025 Delivery

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

### 🌟 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\*\*** 🌟 Carbonara Pasta

A classic with spaghetti pasta, peas, bacon, chicken breast, cream sauce, and topped with parmesan cheese.

487 Cal | 41g Carb | 22g Fat | 31g Protein

**Low Carb (GF):** 285 Cal | 18g Carb | 2g Fat | 31g 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*

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

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

#### Bell Pepper Bowl

The dish is topped with roasted green peppers, ground beef with tomato sauce, rice, carrots, celery, onions, mozzarella cheese and fresh parsley.

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

#### 🌟 Shrimp Scampi Pasta

Lemon garlic roasted shrimp served with penne 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

---

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

**Family Style Meal Series**

**Will Return Fall 2025**