



Monday, June 9th, 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 rich in fiber and protein features 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**** 🌟 Chicken Pesto Cavatappi

Grilled chicken breast tossed in our pesto sauce, topped with fresh tomato basil bruschetta, tomato balsamic bruschetta, and shaved parmesan. Served with cavatappi noodles.

Contains nuts

480 Cal | 49.9g Carb | 16.3g Fat | 34.2g Protein

Low Carb: 324 Cal | 15.4g Carb | 15.5g Fat | 32.1g 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

Beef and Broccoli Stir Fry

Teriyaki and sesame-marinated beef with vibrant blanched broccoli, steamed white rice, garnished with scallions, and sprinkled with sesame seeds and a side a teriyaki sauce.

Sub zoodles or cauliflower for lower-carb

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

🌟 Bang Bang Shrimp (GF)

8 pcs Perfectly roasted jumbo shrimp served alongside blanched broccoli, seasoned white rice, bang bang shrimp sauce for dipping, and garnished with scallions.

Sub cauliflower rice for low-carb

312 Cal | 30g Carb | 9.4g Fat | 27g Protein

Low Carb (GF): 247 Cal | 15.5g Carb | 9.2g Fat | 26.9g Protein

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

Family Style Meal Series

Will Return Fall 2025