



Monday, June 16th, 2025 Delivery

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Chef Austin's Pick

Grilled Summer Squash Bowl (GF)

A seasonal grain bowl rich in fiber and protein features brown rice, edamame, quinoa, carrots, bell peppers, grilled yellow squash, zucchini, 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** Mushroom Cream Chicken (GF)**

Freshchef grilled chicken breast smothered in a mushroom cream and herb sauce, choice of green beans or broccoli, and roasted yukon potatoes.

496 Cal | 39g Carb | 22g Fat | 36g Protein

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

Peanut Chicken Lo Mein

Marinated grilled chicken breast served over lo mein noodles with a colorful veggie mix, topped with scallions, cilantro, and a mildly spicy peanut sauce.

Low-carb available

460 Cal | 40g Carb | 26.8g Fat | 45g Protein

Low Carb: 340 Cal | 13.6g Carb | 28.8g Fat | 45g Protein

****NEW** Balsamic Steak and Grilled Veg (GF)**

Roasted balsamic filet mignon sliced and served with balsamic glaze, grilled vegetables: zucchini, yellow squash, bell pepper, asparagus, and served with steamed white rice—SO GOOD, promise.

Cauliflower for lower-carb

477 Cal | 34g Carb | 22g Fat | 38g Protein

Low Carb (GF): 340 Cal | 14g Carb | 21.6g Fat | 38g Protein

Cajun Salmon Pasta

Roasted salmon served with a Cajun cream sauce, penne pasta, and a bed of flatleaf spinach.

Gluten-free options available | mild spice

426 Cal | 60.1g Carb | 27.6g Fat | 45g Protein

Low Carb (GF): 237 Cal | 27.6g Carb | 7g Fat | 45g Protein

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

Family Style Meal Series

Will Return Fall 2025