



Monday, June 23rd, 2025 Delivery

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

🌟 *Chef Austin's Pick*

🌟 **Chef's Seasonal Grain Bowl**

This seasonal grain bowl is loaded with fiber and protein, consisting of white rice, barley, kale, farro, quinoa, shredded Brussels sprouts, roasted sweet potatoes, cranberries, and roasted chickpeas. It is served with a honey-lime and herb vinaigrette.

Add the proteins available

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

Carnitas Breakfast Burrito

Shredded pork slow-braised, scrambled eggs, pico de gallo, and shredded cheddar cheese, served with Cilantro Cream sauce.

Dairy-free option available

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

🌟 **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

🌟 **Coach's Tater Tot Casserole GF**

Deliciously seasoned ground beef cooked with creamy mushrooms, crisp green beans, sweet potato tater tots, and a generous topping of shredded mixed cheese, served alongside tender steamed broccoli.

Enjoy!

409 Cal | 18.4g Carb | 22.5g Fat | 33.2g Protein

🌟 **Sweet Corn and Tomato Risotto gf**

Arborio rice, shallots, garlic, white wine, vegetable stock, sweet corn, roasted poblano relish, sun-dried tomatoes, and shredded parmesan cheese.

Psst...Add the salmon or Shrimp.

450 Cal | 36g Carb | 18g Fat | 20g Protein

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

Family Style Meal Series

Will Return Fall 2025