



Monday, June 30th, 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 packed with fiber and protein, featuring a blend 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

****NEW**** Marry Me Chicken and Sausage Pasta

Marinated grilled chicken, Italian sausage crumbles, bow tie pasta, fresh sundried tomato cream sauce, shaved parmesan cheese, and chopped parsley.

Sub zucchini noodles for gf or GF Pasta | dairy-free option available

437 Cal | 43.5g Carb | 17.8g Fat | 49.2g Protein

Low Carb (GF): 360 Cal | 9.4g Carb | 12.2g Fat | 50.1g Protein

🌟 Honey Mustard Chicken gf/df

Marinated grilled chicken breast served with sweet and tangy honey mustard BBQ sauce, blanched broccoli, and steamed white rice.

558 Cal | 55.6g Carb | 17.2g Fat | 46.5g Protein

Loaded Chili Potatoes

Roasted potato wedges with our house-made beef chili and topped with shredded cheddar cheese, scallions, pico de gallo, and sour cream.

488 Cal | 61.5g Carb | 16.2g Fat | 27.6g Protein

🌟 Bourbon Glazed Roasted Salmon gf/df

A herb-and-garlic marinated salmon filet glazed with tangy bourbon sauce is served with blanched green beans, roasted potatoes, and bagel seasoning.

Sub cauliflower rice for low-carb

454 Cal | 42.5g Carb | 15.2g Fat | 40.8g Protein

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

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

Family Style Meal Series

Will Return Fall 2025