



Monday, July 7th, 2025 Delivery

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🌟 Chef Austin's Pick

🌟 Summer Pasta Salad

Cool off with this Italian-style pasta dish! Spiralized pasta, olives, cucumbers, grilled red onions, mozzarella pearls, bell peppers, pepperoncinis, and Italian dressing.

Add the proteins available

435 Cal | 60g Carb | 12g Fat | 18g Protein

Buffalo Chicken Loaded Sweet Potatoes

Lemon and herb-marinated chicken breast tossed in a Buffalo sauce, served on roasted sweet potato wedges with feta cheese, chives, and blanched broccoli.

346 Cal | 20.6g Carb | 13.3g Fat | 34.1g Protein

🌟 Greek Chicken gf

Tender grilled chicken breast served with steamed white rice, grilled zucchini, roasted pepper and onions, tzatziki sauce, tomato, and feta cheese relish.

Low Carb Available | Dairy-free 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

Korean Glazed Meatballs

Beef meatballs glazed with a sweet and tangy sauce, topped with black sesame and scallions, and served with steamed white rice, blanched broccoli, and bell peppers.

Sub cauliflower rice for low-carb

445 Cal | 50g Carb | 25g Fat | 35g Protein

🌟 Salmon Tacos with Mango Salsa

Blackened salmon filet served with shredded cabbage, cilantro, scallions, cilantro cream sauce, and mango salsa. Served with flour tortillas.

Sub Corn tortillas for Gluten-Free

466 Cal | 43g Carb | 21g Fat | 32g Protein

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

Family Style Meal Series

Will Return Fall 2025