



Monday, July 14th, 2025 Delivery

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Chef Austin's Pick

Apple Cinnamon Baked Oatmeal (GF)

Old-fashioned oats, milk, honey, and stewed cinnamon apples. Served with a side of maple syrup and Greek yogurt.

455 Cal | 28g Carb | 26g Fat | 32g Protein

****NEW** Diane's Chicken Reuben (GF)**

A Favorite in the Vetter household. Grilled chicken breast topped with sauerkraut, shredded Swiss cheese, and served with a thousand island dressing on the side, accompanied by yukon gold roasted potatoes and blanched green beans.

507 Cal | 47.2g Carb | 20.5g Fat | 36g Protein

Low Carb (GF): 422 Cal | 26.1g Carb | 20.8g Fat | 35g Protein

Bourbon Chicken (GF)

Marinated grilled chicken thighs tossed in a tangy bourbon glaze and topped with bagel seasoning: blanched broccoli, roasted carrots, and steamed white rice.

Low Carb | Protein Options available

428 Cal | 55.8g Carb | 18g Fat | 32.2g Protein

Low Carb (GF): 380 Cal | 26.9g Carb | 18g Fat | 59g Protein

Taco Cantina Bowl (GF)

A mixture of taco seasoned ground beef and pork, steamed white rice, pico de gallo, roasted corn, black beans, cheddar cheese, and cilantro cream sauce.

478 Cal | 40.6g Carb | 19.1g Fat | 31.7g Protein

Low Carb (GF): 56 Cal | 48.8g Carb | 16.4g Fat | 35.1g Protein

****NEW** Roasted Salmon and Rice Pilaf (GF)**

Our roasted salmon filet is served over a vegetable rice pilaf (roasted carrots, zucchini, bell peppers, and peas) with a fresh lemon wedge and white wine butter sauce.

Sub cauliflower rice for low-carb

506 Cal | 42g Carb | 26g Fat | 32g Protein

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

Family Style Meal Series

Will Return Fall 2025