



## Monday, July 28th, 2025 Delivery

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### Chef Austin's Pick

#### Southwest Seasonal Grain Bowl

A Southwest warm grain bowl loaded with veggies and fiber. It includes rice, barley, quinoa, and kale, roasted sweet corn, seasoned black beans, and pico de gallo. The bowl is served with a cilantro-lime vinaigrette.

*Add proteins available*

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

#### **\*\*NEW\*\*** Chicken and Sausage Skillet (GF)

Grilled chicken breast, grilled Italian sausage, roasted peppers and onions, zucchini, house marinara sauce, steamed white rice, shredded mozzarella cheese, and fresh parsley.

430 Cal | 32g Carb | 15g Fat | 38g Protein

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

#### Greek Chicken and Couscous

Lemon-garlic grilled chicken breast served over Greek couscous salad with sundried tomatoes, bell peppers, olives, roasted chickpeas, mild pepperoncini, fresh basil, oregano, tomatoes, grilled red onions, zucchini, and a tangy Greek vinaigrette.

*GF Options Available*

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

**Low Carb (GF):** 324 Cal | 14.8g Carb | 17g Fat | 45g Protein

#### Carnitas Bowl (GF)

Slow-roasted pork shoulder served over fluffy white rice, loaded up with corn and black bean pico, and drizzled with our creamy cilantro sauce.

*Sub cauliflower rice for low carb*

445 Cal | 52g Carb | 28g Fat | 32g Protein

**Lower Carb (GF):** 306 Cal | 11.2g Carb | 28g Fat | 32g Protein

#### **\*\*NEW\*\*** Marry Me Shrimp Pasta

Roasted shrimp, penne pasta, "Marry Me" sundried tomato cream sauce, shaved parmesan and fresh parsley.

*GF Options Available*

468 Cal | 36.9g Carb | 16.6g Fat | 41.5g Protein

**Low Carb:** 363 Cal | 15.9g Carb | 16.1g Fat | 38g Protein