



Monday, February 9th, 2026, Delivery

🌟 **Chef Austin's Pick**
(GF)/(DF) = Gluten Free / Dairy Free

Biscuits and Gravy Scrambler

Cheddar and chive biscuit, pork sausage gravy, scrambled eggs, and pork sausage links.

556 Cal | 41.3g Carb | 20.3g Fat | 30.4g Proteins

🌟 **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; pico de gallo; and bell peppers. The bowl is served with a honey cilantro-lime dressing.

Add proteins available

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

Chicken Bulgogi

Korean BBQ Grilled chicken, udon noodles, mixed vegetables, and scallions. Served with a Korean BBQ sauce.

Low-carb (GF) Available

480 Cal | 56.4g Carb | 9.5g Fat | 41.2g Protein

Low Carb: 292 Cal | 18.2g Carb | 9.1g Fat | 35.3g Protein

🌟 **Greek Chicken (GF)**

Lemon and garlic-baked chicken leg quarter, served with vegetable rice pilaf: bell peppers, grilled red onions, zucchini, roasted chickpeas, parsley, lemon, and feta cheese. Served with a side of tzatziki sauce.

462 Cal | 55.3g Carb | 18.4g Fat | 39.7g Protein

Low Carb: 282 Cal | 15.2g Carb | 18.4g Fat | 37.6g Protein

Chili Cheese Mac

Bringing back a meal from Chef Austin's childhood. Beef chili loaded with veggies, beans, tomato sauce, onions, and garlic. Served over elbow macaroni, topped with shredded cheddar cheese, scallions, and diced tomato. Served with a side of sour cream.

Sub GF pasta for GF | add jalapeños available

478 Cal | 21.2g Carb | 36g Fat | 36.8g Protein

Sweet Potato and Black Bean Enchiladas (GF)

Open-face enchiladas. Spiced roasted sweet potatoes, corn, black beans, onions, and tomatoes served with red enchilada sauce, shredded cheddar cheese, and sour cream.

Add proteins available.

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

Florentine Roasted Salmon (GF)

A herb-and-garlic-marinated salmon filet is topped with sundried tomatoes, spinach, and artichoke cream cheese, roasted Yukon potatoes, and green beans.

Sub cauliflower rice for lower-carb

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

Low Carb (GF): 404 Cal | 16.5g Carb | 15.5g Fat | 39g Protein

Weekly Soup

Broccoli Cheddar Soup

Cream-based soup, with carrots, celery, and onions. Chicken stock, broccoli and aged cheddar cheese

Serves 2-4 - 32oz serving