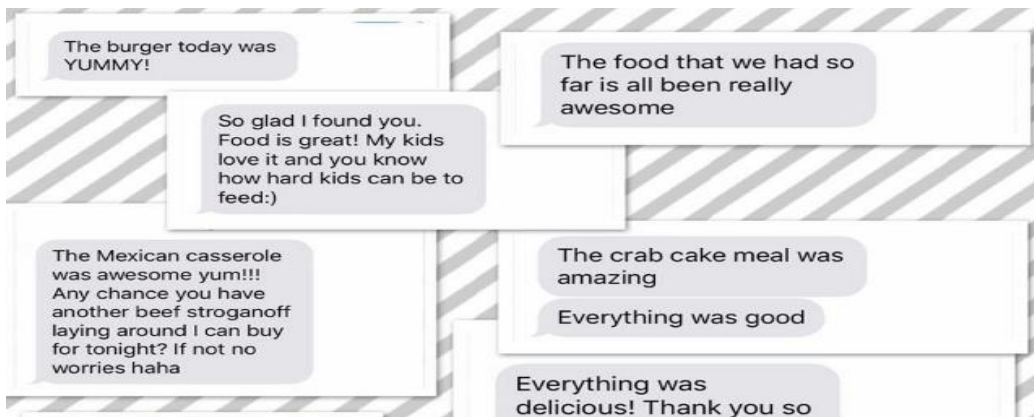


Healthy Meals Charleston

Healthy Meals Charleston is a local meal delivery service. Check out our menus including our Monthly Specials. Order directly from our menus; build your own meal or request customization to fit your nutritional needs. You are not “picky” or “too complicated”.

Check out some of our customer’s feedback:



To order or customize your meals:
Email: amber@healthymealscharleston.com
Text: 843.696.4542

www.charlestoncateringandevents.com



BREAKFAST SELECTIONS

Mason Jar Smoothies \$9

Amber's Choice

berries, bananas, spinach, avocado, natural peanut butter vanilla protein powder,
almond milk

Orange Julius

pineapple, banana, fresh squeezed orange juice,
vanilla protein powder

Mason Jar Overnight Oats \$8

The Elvis

natural peanut butter, banana & dark chocolate topping

Local's Choice

blueberry, local honey drizzle & toasted almond

Mason Jar Power-Up Parfaits \$11

Kristian's Choice

fresh berries, toasted almonds, house-made granola, Greek vanilla non-fat yogurt

Local's Choice

banana, raw pecans, local honey shredded carrots, house made granola,
Greek non-fat yogurt

Local Island Egg Muffin Meals

(Served over choice of herb roasted potatoes, sweet potatoes or quinoa)

Isle of Palm

black beans, corn, tomato, onions, peppers, mushrooms, spinach, cheddar
topped with plain Greek yogurt dollop & pico de gallo

Wadmalaw

sauté kale, Brussels sprouts, butternut squash, zucchini, onions, peppers, mushrooms
topped with herb goat cheese

Dewees

roasted turkey, peppers, onions, mushroom, sun-dried tomato-Kalamata olive relish
topped with asiago

Seabrook

chicken, peppers, onions, mushrooms, jalapenos, cheddar
topped with plain Greek non-fat yogurt dollop & pico de gallo

Whole Egg \$10

Egg Whites \$11

Mason Jar Salads

Local's Choice

Locals

raw pecans, granny smith apples, seasonal fruit,
tomatoes, cucumbers, crumbled feta & mixed greens

Berry

strawberries, blueberries, almonds, sun-dried tomato relish, red onion
herb goat cheese & spinach

Lowcountry

black beans, corn, sliced egg, tomatoes, avocado,
cheddar & spinach

Chef

sliced egg, almonds, shredded carrots, tomatoes, cucumbers, avocado,
bleu cheese & romaine

Greek

tomatoes, cucumbers, Kalamata olives, pepperchini,
crumbled feta & romaine

Protein: CHOOSE ONE

chicken\$13 - roasted turkey\$13 - shrimp\$15 - salmon\$15 - flank steak\$15
crab cake\$16

Build Your Own

Leafy Green Options: CHOOSE ONE

mesclun mix – spinach - kale - romaine

Favorite Fillings: CHOOSE UP TO FOUR

quinoa - broccoli - edamame - beets - butternut squash – cucumbers - green onion
tomatoes –cucumber – shredded carrots - red onion – green onion – bell peppers
sliced egg- garbanzo beans
strawberries – blueberries – grapes - apples
almonds – raw pecans - walnuts

Cheese Selection

cheddar - feta - bleu - herb goat - fresh mozzarella - asiago

Protein: CHOOSE ONE

chicken\$13 - roasted turkey\$13 - shrimp\$15 - salmon\$15 - flank steak\$15
crab cake\$16

All served with everyone's favorite, Charleston's Balsamic Vinaigrette

Healthy Meals Charleston Portioned Meals

(4oz. protein – 4oz. veggie – 4oz. carb)

*grilled chicken, sauté spinach, sweet potatoes
topped with cinnamon & raw pecan \$12*

roasted turkey, zucchini & herb roasted potatoes \$12

shrimp, Asian broccoli & brown rice \$14

lemon pepper salmon, balsamic Brussels & pesto quinoa \$14

flank steak, asparagus, balsamic garbanzo beans \$14

Charleston Power Bowls \$10

(choose a bowl: vegetarian or add protein & cheese – see salads option)

Thai Bowl

cauliflower rice, napa cabbage & bok choy, carrots,
parsnips & peanuts

Balsamic Bowl

quinoa, Brussels sprouts, sauté spinach & blistered tomatoes

Sun-Dried Tomato Pesto Bowl

couscous, sun-dried tomato-Kalamata olive relish,
asparagus & sauté kale

Basil Pesto Bowl

herb roasted potatoes, haricot verts & mushrooms

Pickled Ginger & Wasabi Bowl

brown rice with mixed bell peppers, squash & zucchini

Southern Bowl

sweet potato fries, collards & garbanzo beans



Build Your Own

4 oz. portions

Proteins

Chicken \$5 - Roasted Turkey \$5 = Shrimp \$8

Salmon \$8 - Flank Steak \$8 - crab cake \$8

Veggies \$4

Collards - Haricot Verts – Broccoli – Asparagus – Cauliflower - Brussels Sprouts

Zucchini - Roasted Bell Peppers - Cucumber & Tomato Salad

Napa Cabbage & Bok Choy - Carrots & Parsnips - Sautee Spinach

Beans & Carbs \$4

Sweet Potatoes - Herb Roasted Potatoes – Quinoa - Couscous

Black Beans - Brown Rice - Garbanzo Beans

By the Pint

Tuna Salad \$10

Chicken Salad \$10

Shrimp Salad \$13

Check out our monthly specials on line or on facebook

www.charlestoncateringandevents.com

@healthymealschs

Casseroles, Family Meals and Soups available



RETURN MASON JARS FOR \$2 CREDIT EACH TOWARDS NEXT ORDER.

FREE DELIVERY ON ALL ORDERS OVER \$50, MINIMUM ORDER IS \$50.

TO ORDER

EMAIL: amber@healthymealscharleston

TEXT: 843.696.4542