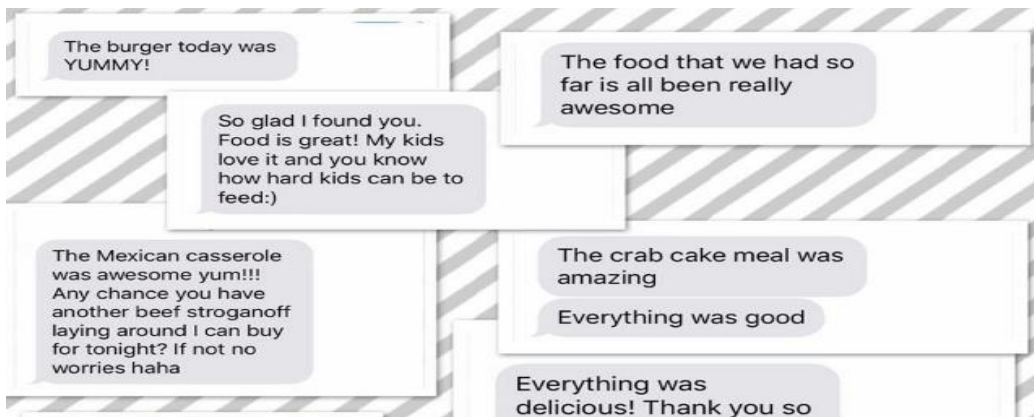


# Healthy Meals Charleston

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](mailto:amber@healthymealscharleston.com)**  
**Text: 843.696.4542**

**[www.charlestoncateringandevents.com](http://www.charlestoncateringandevents.com)**



## **BREAKFAST SELECTIONS**

### **Mason Jar Smoothies \$9**

*Amber's Choice*

berries, banana, 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 vanilla non-fat yogurt

### **Local Island Egg White Muffin Meal \$10**

(6oz egg muffin with additional 4oz vegetables)

*Isle of Palm*

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

*Wadmalaw*

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

*Dewees*

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

*Seabrook*

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

## **Egg White Omelet in a Jar \$7**

(4oz eggs with listed ingredients)

### *Farm House*

ham, cheddar, spinach, peppers

### *Sunrise*

black beans, Monterey jack, onions, peppers, mushrooms, tomatoes

### *Gardeners*

broccoli, feta, asparagus, green onion, roasted pepper

## **Breakfast Whole Wheat Burritos \$6**

(frozen- pull from freezer and bake)

### *Beach Body*

onion, red peppers, jalapenos, egg whites, cheddar

### *Southwestern*

black beans, tomato, onion, chipotle seasoning, egg whites, lo-fat mozzarella

### *Gobbler*

ground turkey, tater tots, refried beans, onions, cilantro, egg whites, Monterey jack

## **SNACKS**

### **Power Balls**

*Peanut Butter & Oats*

*Chocolate Tahini*

*Prune, Chocolate & Nut*

Mason Jar Pint = 6 Balls \$12

Mason Jar Quart = 12 balls \$20

### **Grazing Bowl \$10**

basil pesto garbanzo bean mash, carrots, celery, radish,  
fruit cup and choice of power ball

## **Mason Jar Salads**

### *Roasted Brussels Sprout Salad \$13*

thinly sliced and roasted Brussels sprouts,  
sesame-peanut chicken, herb goat cheese, pecans,  
Craisins, mandarin oranges and grape tomatoes, spinach  
apple cider vinaigrette

### *Rainbow Mason Jar Salad \$15*

lemon pepper salmon, crumbled feta, mandarin oranges, pineapple chunks,  
kiwi, pomegranate seeds, cucumber, carrots and spinach  
served with Charleston's balsamic vinaigrette

### *Berry \$15*

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

### *Chef \$13*

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

### *Greek*

chicken, tomatoes, cucumbers, Kalamata olives, pepperchini,  
red onion, crumbled feta, romaine

## **Build Your Own**

### *Choose One*

spring mix – spinach - kale - romaine

### *CHOOSE UP TO FOUR*

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

### *Cheese Selection*

sharp white 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**

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

*grilled chicken, coriander maple glazed carrots , Mexican black beans \$13*  
*roasted turkey, zucchini with herbs and asiago, artichoke freekeh risotto \$13*  
*stuffed poached chicken, spinach and mushroom, farro with tomatoes \$14*  
*Asian shrimp, orange sumac broccoli, parsleyed brown rice pilaf \$14*  
*lemon pepper salmon, balsamic Brussels sprouts, lemon & herb quinoa \$14*  
*flank steak, garlic roasted asparagus, herb roasted rosemary potatoes \$15*

## **Build Your Own**

4 oz. portions

### *Proteins*

chicken \$6 - roasted turkey \$6 - shrimp \$7  
salmon \$7 - flank steak \$8 - crab cake \$9

### *Veggies \$4*

braised greens - haricots verts with toasted almonds & caramelized shallots  
orange sumac broccoli – garlic roasted asparagus - ratatouille  
spicy lemon cauliflower – balsamic Brussels sprouts – spicy southern hot corn  
oven baked zucchini with herbs & asiago – cinnamon roasted butternut squash  
marinated beets with rosemary- roasted parsnips with pesto  
coriander maple glazed carrots - sautéed spinach

### *Beans & Carbs \$4*

roasted maple cinnamon sweet potato wedges  
herb roasted rosemary potatoes – quinoa with lemon shallots & herbs  
couscous with spinach and carrots - Mexican black beans  
parsleyed brown rice pilaf - mashed garbanzo  
farro with tomatoes – artichoke freekeh risotto



## **Charleston Power Bowls**

### **Thai Chicken Buddha Bowl \$13**

mix of whole grain farro, chicken, kale, onion and cilantro  
with pickled red cabbage, shredded carrots, bean sprouts  
topped with peanuts and pickled ginger  
peanut sauce

### **Asian Bowl \$14**

brown rice, marinated ahi tuna, seaweed salad, sweet caramelized onion,  
shredded carrots, cucumber, fresh ginger and wonton chips  
ponzu sauce

### **Performance Sweet Baked Potato Bowl \$11**

topped with sautee spinach, green beans, garbanzo beans,  
lentils and black-eyed peas, sun-dried tomato relish and sharp white cheddar  
\*side plain Greek yogurt\*

### **Greek Power Bowl \$13**

couscous, eggplant, zucchini, cucumbers, roasted peppers,  
Kalamata olives, feta cheese, spinach, balsamic vinaigrette

## **Build Your Own**

### *Choose Base*

sweet potatoes - herb roasted potatoes – quinoa - couscous  
faro – freekeh - black beans - brown rice - garbanzo mashed  
cauliflower rice

### *Choose Four*

haricot verts – broccoli – asparagus – Brussels sprouts  
zucchini - roasted bell peppers – cucumber – tomato – Kalamata olives  
caramelized onion - shredded carrots – bean sprouts – seaweed salad

### *Cheese Selection*

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

### *Proteins*

Chicken - Roasted Turkey - Shrimp  
Salmon - Flank Steak - Crab Cake

## **Specials**

**Goat Cheese Burger with Beets, Sautéed Spinach & Avocado \$11**  
served with tomato cucumber salad & baked sweet potato wedges

**Spaghetti Pie \$10**  
ground beef, spicy Italian sausage, tomato sauce, mozzarella and asiago cheese

**Chicken, Mushroom and Spinach Lasagna \$10**  
sauce of low-fat yogurt, cottage cheese, parmesan & mozzarella  
with whole grain pasta

**Sweet Potato Chicken Hash \$13**  
prepared with honey, adobe sauce and cilantro  
served with winter roasted veggies - butternut squash, beets, carrots and parsnips

**Mexican Stuffed Peppers \$13**  
quinoa, ground turkey, black beans, corn, tomato, onions  
topped with shredded cheddar, lo-fat Greek Yogurt  
served with cucumber-tomato salad

**Lowcountry Crab Cake set on Grit Cake \$15**  
served with asparagus and lemon-dill yogurt sauce

Check out our monthly specials on line or on facebook  
[www.charlestoncateringandevents.com](http://www.charlestoncateringandevents.com)



RETURN MASON JARS FOR \$2 CREDIT EACH TOWARDS NEXT ORDER.  
MINIMUM ORDER FOR DELIVERY IS \$75  
FREE DELIVERY ON ALL ORDERS WITHIN 20 MILES

## **TO ORDER**

EMAIL: [amber@healthymealscharleston.com](mailto:amber@healthymealscharleston.com)  
TEXT: 843.696.4542