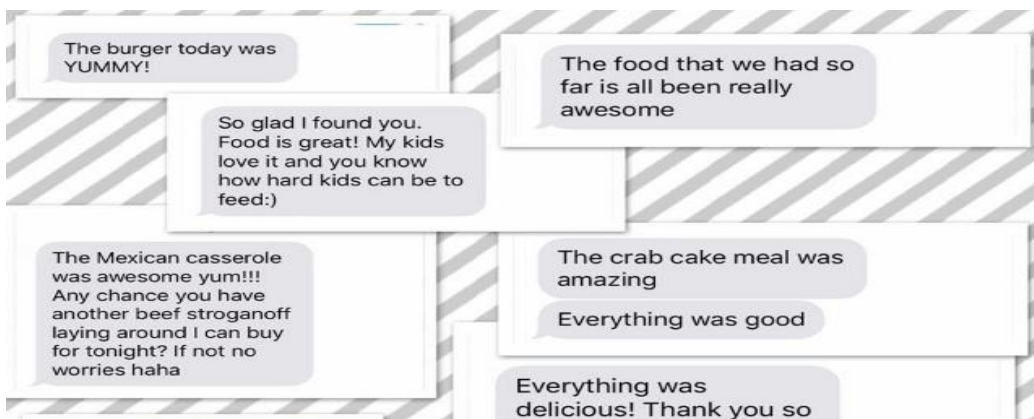


Healthy Meals Charleston

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.

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, 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 lo-fat yogurt, pico de gallo

Wadmalaw

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

Deweese

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

Seabrook

chicken, peppers, onions, mushrooms, jalapenos, cheddar
topped with lo-fat yogurt, pico de gallo

Egg White Omelet in a Jar \$8

(6oz 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

Peanut Butter, Chocolate Chips & Oats

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 \$14

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 \$13

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 \$13

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

Build Your Own

Choose One

spring mix – spinach - baby kale - romaine

CHOOSE UP TO FOUR

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

Cheese Selection

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

Protein: CHOOSE ONE

vegetarian \$12 - 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, sweet potato wedges \$13

stuffed poached chicken, spinach and mushroom, farro with tomatoes \$13

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, 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

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



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 \$15

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

Build Your Own

Choose Base

cinnamon sweet potatoes - herb roasted rosemary potatoes – marinated tofu
lemon herb quinoa - couscous with spinach and carrots
faro with tomatoes – Mexican black beans – sautéed spinach
parslied brown rice pilaf - mashed garbanzo - cauliflower rice

Choose Four

haricot verts – broccoli – asparagus – Brussels sprouts - edamame
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

vegetarian \$12 - chicken \$13 - roasted turkey \$13 - shrimp \$14
salmon \$14 - flank steak \$15 - crab cake \$16 – ahi tuna \$16

Specials

Goat Cheese Burger with Beets, Sautéed Spinach & Avocado \$11
served with tomato cucumber salad and 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



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
TEXT: 843.696.4542