



“GAME CHANGER PACKAGE”
HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE

AUGUST 10 (5 Meals)

- *Wadmalaw Egg White Muffin
egg whites, spinach, broccoli, zucchini, onions, peppers, herb goat cheese
- *Chopped Thai Salad
chicken, shredded cabbage, cucumbers, edamame, shredded carrots, peppers, crushed peanuts – peanut dressing
- *Fresh Garden bowl
lemon herb quinoa, balsamic Brussels sprouts, roasted sweet potatoes, cucumbers, tomatoes, roasted peppers
pepitas-balsamic vinaigrette
- *2-Caprese Chicken Bake
chicken thighs, grape tomato, mozzarella, basil/couscous/roasted Brussel sprouts & cauliflower

AUGUST 17 (5 Meals)

- *Scrambled Chickpea and Spinach Pita
- *6 Bean Mason Jar Salad
quinoa, kidney beans, chick peas, edamame, fresh green beans, black eyed peas, baby lima beans
cucumber, fresh thyme – lemon vinaigrette
- *Performance Sweet Potato Bowl
quinoa, seasoned sweet potatoes, black beans, corn, peppers, red onion – cilantro crema
- *2-Chicken Picatta,
spaghetti squash/steamed broccolini

AUGUST 24 (5 Meals)

- *Healthy Breakfast Casserole
egg whites, almond milk, roasted sweet potatoes, asparagus, cremini mushrooms, scallions, feta cheese
- *Roasted Brussel Sprout Mason Jar Salad
sesame peanut chicken, herb goat cheese, balsamic Brussel sprouts, Craisins, mandarin oranges, grape tomatoes,
pecans, spinach – balsamic vinaigrette
- *Greek Power Bowl
couscous with spinach, chicken, feta, cucumbers, roasted peppers, sweet potatoes, roasted chickpeas, Kalamata olives
balsamic vinaigrette
- *2-Chicken Saltimbocca with Prosciutto Spinach & Asiago
farro & tomatoes/roasted herb zucchini

AUGUST 31 (5 Meals)

- * Tukey Sausage and Cheese Quinoa Cups
egg whites, quinoa, zucchini, cheddar cheese, turkey sausage
- * Berry Mason Jar Salad
quinoa, chicken, herb goat cheese, strawberry, blueberry, blackberry, cucumber, toasted almonds, spinach
balsamic vinaigrette
- *Asian Turkey Meatball Power Bowl
brown rice, shredded carrots, grape tomatoes, cucumbers, edamame, peppers, feta – balsamic vinaigrette
- *2-Caribbean Chicken with Mango Pico de Gallo
cauliflower rice & black beans/roasted garlic asparagus

ONE MONTH \$220 OR ONE WEEK \$60

ORDERS MUST BE PLACED 2 DAYS PRIOR FOR PICKUP OR DELIVERY

DELIVERIES AVAILABLE SUNDAY – THURSDAY 2:00 - 5:00

CURBSIDE PICK UP AVAILABLE MONDAY - THURSDAY 12:00 - 1:00

(6185 Rivers Ave, Suite J, N Charleston – by the At Home store on Rivers Ave)

TO ORDER TEXT “Game Changer” 843.696.4542 OR CALL 843.670.1787