



“GAME CHANGER PACKAGE”
HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE

NOVEMBER 23 (No Game Changer or Deliveries)

NOVEMBER 30 (5 Meals)

- *Seabrook Egg Muffin
egg whites, chicken, peppers, onions, cheddar – lo-fat yogurt & Pico De Gallo
- *Greek Bowl
couscous with spinach, Greek chicken, roasted chick peas, cucumbers, roasted peppers, Kalamata olives, feta, spinach
* balsamic vinaigrette*
- *Stuffed Spaghetti Squash
chicken, black beans, green chilies, enchilada sauce, lo-fat yogurt, mozzarella
- *2-Lemon Pepper Salmon - over shredded Brussels sprouts/cauliflower rice/coriander carrots

DECEMBER 7 (5 Meals)

- *Locals Choice Mason Jar Overnight Oats
blueberries, toasted almonds, local honey
- *Roasted Brussel Sprout Mason Jar Salad
sesame peanut chicken, herb goat cheese, balsamic Brussel sprouts, Craisins, mandarin oranges, grape tomatoes, pecans, spinach – balsamic vinaigrette
- *Korean Bowl
chili garlic shredded beef, brown rice, sautéed spinach, shredded carrots, cucumber, hard-boiled egg, kimchi, green onion
sesame seeds – Nuoc Chan dressing
- *2-Pork Tenderloin Diablo – brown rice with sesame/roasted vegetable mix

DECEMBER 14 (5 Meals)

- *Quinoa – Oatmeal Cereal
berries, nuts, almond milk
- *Burrito Mason Jar Salad
brown rice, chicken, black beans & corn, Pico de Gallo, jicama, romaine – balsamic vinaigrette
- *Italian Bowl
farro with tomatoes, sautéed zucchini, roasted peppers, artichoke hearts, Sicilian olives, ahi tuna, pesto, spinach
- *2-Stuffed Portabella Mushrooms with Spinach, Sun-Dried Tomato, Parmesan & Herb Goat Cheese
herb quinoa/roasted asparagus

DECEMBER 21 (5 Meals)

- *Egg White Omelet in Mason Jar
broccoli, feta, asparagus, green onion, roasted pepper
- *Quart Spinach And White Bean Soup
- *Bahn Mi Power Bowl
brown rice, slow roasted pork tenderloin, pickled radish & carrots, cucumber, cilantro – spicy yogurt
- *2-Caprese Chicken
chicken with heirloom tomatoes, fresh mozzarella, basil, balsamic glaze/herb quinoa

ONE MONTH \$220 OR ONE WEEK \$60 - ORDERS MUST BE PLACED 2 DAYS PRIOR FOR PICKUP OR DELIVERY
DELIVERIES AVAILABLE TUESDAY – THURSDAY 2:00 - 5:00 / CURBSIDE PICK UP AVAILABLE TUESDAY - FRIDAY 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