



“GAME CHANGER PACKAGE”

HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE

JANUARY 25 (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

FEBRUARY 1 (5 Meals)

- *Breakfast Burrito
egg whites, potatoes, spinach, red cabbage, black beans, roasted red peppers, Pico de Gallo – cilantro lime dressing
- *Roasted Brussels Sprout Mason Jar Salad
sesame-peanut chicken, herb goat cheese, balsamic Brussels sprouts, Craisins, mandarin oranges, grape tomatoes, pecans, spinach – balsamic vinaigrette
- *Greek Bowl
couscous with spinach, Greek chicken, feta, zucchini, English cucumber, roasted peppers & chick peas, Kalamata olives – balsamic vinaigrette
- *2- Flank Steak With Blistered Tomatoes
chili honey roasted sweet potato/green beans & shitake mushrooms

FEBRUARY 8 (5 Meals)

- *Sweet Potato Breakfast Hash
sweet potatoes, kale, turkey sausage, onion, bell peppers topped with coddled egg
- *Caprese Mason Jar Salad
quinoa, grape tomatoes, Kalamata olives, marinated artichokes, red onion, fresh mozzarella, fresh basil, spinach – balsamic vinaigrette
- *Spicy Ahi Tuna Poke Bowl
brown rice, edamame, cucumber, shredded carrots, radish, pineapple, fresh ginger, pickled ginger, crispy onions, wasabi, ponzu sauce
- *2- Chicken Saltimbocca with Prosciutto Spinach & Asiago
farro & tomatoes/roasted herb zucchini

FEBRUARY 15 (5 Meals)

- *Scrambled Chickpea and Spinach Pita
- *Antipasto Mason Jar Salad
grape tomatoes, marinated artichoke hearts, roasted red peppers, pepperoncini, turkey, ham, provolone cheese, arugula – balsamic vinaigrette
- *Turkey Taco Bowl
seasoned brown rice, ground turkey, grape tomatoes, black beans, corn & pinto beans, Pico de Gallo, romaine, lime wedge
- *2- Chicken Saltimbocca with Prosciutto Spinach & Asiago
farro & tomatoes/roasted herb zucchini

ONE MONTH \$220 OR ONE WEEK \$60

ORDERS NEED TO BE PLACED BY:

FRIDAY 5:00PM FOR TUESDAY DELIVERY - SUNDAY 5:00PM FOR WEDNESDAY DELIVERY

MONDAY 5:00PM FOR THURSDAY DELIVERY - TUESDAY 5:00PM FOR FRIDAY DELIVERY

TO ORDER TEXT “Game Changer” 843.696.4542 OR CALL 843.670.1787