



“GAME CHANGER PACKAGE”

HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE

MONTH OF JUNE 15 – JULY 6 (One Month \$220 or One Week \$60)

FREE Delivery & NO Processing Charge

JUNE 15 (5 Meals)

*Wadmalaw Egg White Muffin

egg whites, spinach, broccoli, zucchini, onions, peppers, herb goat cheese

*Greek Mason Jar Salad

chicken, feta, tomatoes, cucumber, Kalamata olives, artichokes, peppercini, roasted peppers, romaine

balsamic vinaigrette

*Fresh Garden bowl

lemon herb quinoa, balsamic Brussels sprouts, roasted sweet potatoes, cucumbers, tomatoes, roasted peppers

pepitas - balsamic vinaigrette

*2-Pesto Chicken Bake with Skinny Basil Pesto, Vine Ripe Tomatoes, Lo-fat Mozzarella with chickpea penne/skillet green beans

JUNE 22 (5 Meals)

*Scrambled Chickpea and Spinach Pita

*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 with farro & tomatoes/roasted herb zucchini

JUNE 29 (5 Meals)

*Healthy Breakfast Casserole

egg whites, almond milk, roasted sweet potatoes, asparagus, cremini mushrooms, scallions, feta cheese

*Farm House Farro Mason Jar Salad

farro with tomatoes, chicken, blue cheese, roasted sweet potatoes, shredded carrots,

granny smith apples, radish, spinach – balsamic vinaigrette

*Spicy Ahi Tuna Poke Bowl

brown rice, edamame, cucumber, shredded carrots, daikon radish, pineapple, fresh ginger,

pickled ginger, crispy onions, wasabi. ponzu sauce

*2-Chicken with Peaches & Ginger with couscous/roasted broccoli with lemon goat cheese drizzle

JULY 6 (5 Meals)

*Ham and Cheese Quinoa Cups

egg whites, quinoa, zucchini, cheddar cheese, ham

*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, cucumbers, edamame, peppers, feta, grape tomatoes - Tzatziki

*2-Chicken and Beans Stir-Fry with Miso Curry

green beans, snow peas, baby peas/rice noodles

To Order Text “Game Changer”

to 8436964542 by 5PM Thursday for Monday delivery.

No Contact delivery dropped by your front door.

A text will be your “doorbell” HMC meals have arrived.