



“GAME CHANGER PACKAGE”

HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE
MONTH OF MAY 25 – JUNE 15 (One Month \$220 or One Week \$60)
FREE Delivery & NO Processing Charge

MAY 25 (5 MEALS)

- *Breakfast Grain Bowl Mix
quinoa & steel-cut oats with lemon & ginger topped with sautéed spinach & roasted tomato
- *Chicken & Farro Grain Bowl
cucumbers, tomatoes, spiced chickpeas, pickled red onion & roasted peppers – seasmé seeds, balsamic vinaigrette
- *Chopped Thai Salad
shredded cabbage, cucumbers, edamame, shredded carrots, peppers, crushed peanuts – peanut dressing
- *Flounder Stuffed with Shrimp & Crab Meat, Crispy Cauliflower Cakes, Grilled Corn on Cobb
- *Turkey Meatloaf, Butternut Squash Risotto, Coriander Maple Roasted Carrots

JUNE 1 (5 MEALS)

- *Southwestern Whole Wheat Burrito
egg whites, chicken, spinach, black beans, tomatoes, peppers, onions, lo-fat mozzarella
- *Blackened Shrimp Bowl
garlic scented brown rice, blackened shrimp, black beans & corn, shredded carrots, cucumber, fresh basil
spinach, lime wedge – cilantro lime dressing
- *7 Bean Mason Jar Salad
quinoa, black beans, kidney beans, chick peas, edamame, fresh green beans, black eyed peas, baby limas
cucumber, fresh thyme – lemon vinaigrette
- *2-Chicken Picatta, Spaghetti Squash, Roasted Sumac Broccoli

JUNE 8 (5 Meals)

- *Locals Choice Mason Jar Overnight Oats
blueberries, toasted almonds, local honey
- *Rainbow Mason Jar Salad
lemon pepper salmon, feta, mandarin oranges, grapes, peppers, cucumber, radish, shredded carrots, spinach
balsamic vinaigrette
- *Chicken, Mushroom, Spinach Lasagna
sauce of lo-fat yogurt, lo-fat cottage cheese and lo-fat mozzarella with whole grain pasta
- *2-Caribbean Chicken with Pineapple Pico de Gallo
brown rice and black beans, roasted garlic asparagus

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
skinny basil pesto, vine ripe tomatoes, lo-fat mozzarella with chickpea penne & Skillet Green Beans

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.