



“GAME CHANGER PACKAGE”

HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE

MARCH 8 (5 Meals)

- *Farmers Market Breakfast Bowl
spiced rice carrots, beets, radishes, heirloom tomatoes, soft boiled egg, baby spinach – yogurt green goddess sauce
- *Greek Mason Jar Salad
Greek chicken, feta, grape tomatoes, English cucumbers, Kalamata olives, pepperoncini, marinated artichokes, roasted peppers, romaine - balsamic vinaigrette
- *Thai Chicken Buddha Bowl
farro & tomatoes, chicken satay, pickled red cabbage, shredded carrots, bean sprouts, spinach
pickled ginger, crushed peanuts, cilantro - peanut sauce
- *2- Stuffed Spaghetti Squash
spaghetti squash, chicken, black beans, tomatoes, green chilies, peppers, onions, yogurt, mozzarella, cilantro

MARCH 15 (5 Meals)

- *Vegetable Whole Wheat Burrito
egg whites, sweet potatoes, broccoli, peppers, onions, mushrooms, spinach, Cotija cheese
- *Chick Pea, Barley & Butternut Squash Mason Jar Salad
barley, garbanzo beans, butternut squash, feta, Craisins, pecans, romaine – balsamic vinaigrette
- *Korean Bowl
quinoa, chili garlic shredded beef, sautéed spinach, cucumber, hard-boiled egg, kimchi, romaine
green onion, sesame seeds – Nuoc Chan dressing
- *2-Poached Chicken
stuffed with asparagus & herb goat cheese/seasoned red lentil penne/balsamic Brussel sprouts

MARCH 22 (5 Meals)

- *Wadmalaw Egg White Muffin
egg whites, spinach, broccoli, zucchini, onions, peppers, herb goat cheese
- *Roasted Brussel Sprout Salad
sesame peanut chicken, herb goat cheese, balsamic Brussels sprouts, Craisins, mandarin oranges, grape tomatoes, pecans, spinach – balsamic vinaigrette
- *Fresh Garden Bowl
lemon herb quinoa, balsamic Brussels sprouts, roasted sweet potatoes, roasted peppers
English cucumbers, grape tomatoes, pepitas, spinach - balsamic vinaigrette
- *2-Chicken Picatta with Spaghetti Squash & Roasted Sumac Broccoli

MARCH 29 (5 Meals)

- *Potato & Zucchini Frittata
egg whites, vegetables, turkey bacon, queso fresco
- * Farm House Farro Salad
farro with tomatoes, chicken satay, blue cheese, roasted sweet potatoes, shredded carrots, granny smith apples, radish, spinach – balsamic vinaigrette
- *Greek Bowl
couscous with spinach, Greek chicken, feta, zucchini, English cucumber, roasted peppers, chick peas, Kalamata olives, spinach - balsamic vinaigrette
- *Stuffed Cabbage Rolls with Roasted Sweet Potatoes
90% lean ground beef, brown rice, Italian seasonings, fresh tomato sauce

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