



“GAME CHANGER PACKAGE”

HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE

APRIL 26 (5 Meals – Available for Wednesday April 28 & Thursday April 29 Delivery)

- *Southwestern Whole Wheat Burrito
egg whites, chicken, spinach, black beans, tomatoes, peppers, onions, lo-fat mozzarella
- *Black Bean and Corn Salad
roasted chicken, black beans, fresh corn, avocado, red onion, shishito peppers, Pico de Gallo, romaine - cilantro lime dressing
- *Korean Bowl
quinoa, chili garlic shredded beef, sautéed spinach, cucumber, hard-boiled egg, kimchi, romaine
green onion, sesame seeds – Nuoc Chan dressing
- *2-Pork Marbella with Sicilian Green Olives & Prunes
farro & tomatoes/sautéed greens

MAY 3 (5 Meals - Available for Wednesday May 5 & Thursday May 6 Delivery)

- *Nordic Breakfast Porridge
barley porridge, Granny Smith apples, pistachios, raspberries, chia seeds
- *Mediterranean Chopped Salad
farro, peppers, celery, English cucumber, red onion, pepperoncinis, chickpeas, feta, romaine – balsamic vinaigrette
- *Barbacoa Beef Bowl
brown rice, chuck roast, grape tomatoes, black bean, corn, Sicilian olives, green onion, cilantro
- *2-Caribbean Chicken with Pineapple Pico de Gallo
garlic scented brown rice & black beans/parmesan zucchini coins

MAY 10 (No deliveries or pickups available this week)

MAY 17 (5 Meals – Available for Wednesday May 19 delivery)

- *Scrambled Chickpea and Spinach Pita
egg whites, garbanzo beans, onions, peppers, spinach
- *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
farro & tomatoes/roasted herb zucchini

MAY 24 (5 Meals – Available for Wednesday May 26 & Thursday May 27 delivery)

- *Canadian Bacon and Cheese Quinoa Cups
egg whites, Canadian bacon, quinoa, zucchini, cheddar cheese
- *Berry Mason Jar Salad
quinoa, Italian chicken, herb goat cheese, strawberry, blueberry, English cucumber, toasted almonds, 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-Mexican Quinoa Stuffed Peppers
quinoa, ground turkey, black beans, corn, red onion, lime, herb goat cheese, cilantro/roasted asparagus

**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
TO ORDER TEXT “Game Changer” 843.696.4542 OR CALL 843.670.1787**