



**“GAME CHANGER PACKAGE”**  
**HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE**

**OCTOBER 26 (5Meals)**

- \*Sweet Potato Egg Casserole  
egg whites, sweet potatoes, spinach, Gruyere, taco seasoning
- \*Rainbow Quinoa Salad with Chili Garlic Paste  
quinoa & sesame oil, edamame, broccoli, red pepper, cashews, romaine & purple cabbage
- \*Thai Chicken Buddha Bowl  
farro & tomatoes, chicken satay, pickled red cabbage, shredded carrots, bean sprouts, spinach  
pickled ginger, crushed peanuts, cilantro - peanut sauce\*
- \*2-Mexican Quinoa Stuffed Peppers  
quinoa, ground turkey, black beans, corn, red onion, lime, cilantro/roasted asparagus

**NOVEMBER 2 (5Meals)**

- \*Farmers Market Breakfast Bowl  
spiced rice carrots, beets, radishes, heirloom tomatoes, soft boiled egg, baby spinach – yogurt green goddess sauce
- \*Veggie Burger Veggie Bowl  
veggie burger, brown rice, butternut squash, black beans, avocado, Pico de Gallo – balsamic vinaigrette
- \*Turkey Goat Cheese Burger  
sun-dried tomato spread, sautéed spinach, avocado, lettuce wrap/sweet potato fries
- \*2-Shrimp Stir Fry  
zucchini noodles, shredded carrots, tomato, peppers onions, spinach, ginger – stir fry sauce

**NOVEMBER 9 (5 Meals)**

- \*Classic French Toast  
brioche (eggs & almond milk), cinnamon & cardamom, berries, sugar free syrup
- \*Cruciferous Mason Jar Salad  
chicken, carrots, zucchini, broccoli, sweet potatoes, barley, almonds, romaine – balsamic vinaigrette
- \*Turkey Chili  
ground turkey, tomato, butternut squash, black beans, red beans, cabbage – low fat yogurt, pepitas
- \*Poached Chicken  
stuffed with asparagus & goat cheese/herb potatoes/balsamic Brussel sprouts

**NOVEMBER 16 (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

**ONE MONTH \$220 OR ONE WEEK \$60 - ORDERS MUST BE PLACED 2 DAYS PRIOR FOR PICKUP OR DELIVERY**  
**DELIVERIES AVAILABLE TUESDAY – THURSDAY 2:00 - 5:00**

**CURBSIDE PICK UP AVAILABLE TUESDAY - FRIDAY 12:00 - 1:00**

(6185 Rivers Ave, Suite J, N Charleston – by the At Home store on Rivers Ave)

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