



“GAME CHANGER PACKAGE”

HEALTHY MEALS CHARLESTON MEAL DELIVERY PACKAGE

SEPTEMBER 28 (5 Meals)

- *Power Breakfast Sandwich
egg whites, chicken apple sausage, spinach, cheddar cheese, sliced tomato, avocado, wheat English Muffin
- *Black Bean and Corn Mason Jar Salad
roasted chicken, black beans, fresh corn, grape tomatoes, red onion, shredded pepper jack cheese, avocado salsa, plain Greek yogurt, romaine
- *Vietnamese BBQ Shrimp Bowl
BBQ Shrimp, rice noodles, cucumbers, shredded carrots, blistered tomatoes, cilantro, crushed peanuts, lime wedge – Nuoc Cham dressing
- *2-Thai Broiled Salmon
caramelized butternut squash/roasted balsamic Brussel sprouts

OCTOBER 5 (5 Meals)

- *Breakfast Grain Bowl Mix
quinoa & steel-cut oats with bananas & blueberries
- *Turkey, Sun-dried Tomato & Chick Pea Mason Jar Salad
grape tomatoes, cucumbers, fontina cheese, romaine – balsamic vinaigrette
- *Italian Power Bowl
sautéed kale, farro, albacore tuna, roasted red peppers, grape tomatoes, green olives, marinated artichokes pepitas – pesto
- 2-Flank Steak with Blistered Tomatoes
chili honey roasted sweet potatoes with lime juice/braised greens

OCTOBER 12 (5 Meals)

- *Canadian Bacon & Cheese Quinoa Cups
egg whites, zucchini, onions, fontina, parmesan, parsley
- *Chick Pea, Barley & Butternut Squash Mason Jar Salad
feta, Craisins, pecans, romaine – balsamic vinaigrette
- *Turkey Taco Bowl
ground turkey, brown rice, black beans, corn, red onion, roasted sweet potatoes, mozzarella, Pico de Gallo, lime wedge
- *Pork Tenderloin with Soy Ginger Sauce
quinoa with broccoli, edamame, peppers, chili garlic sesame sauce

OCTOBER 19 (5 Meals)

- *Mason Jar Granola Parfait
walnuts, strawberries, blueberries, Greek yogurt
- *Chopped Cobb Mason Jar Salad
turkey, ham, grape tomatoes, cucumbers, red onion, hard-boiled egg, romaine – yogurt blue cheese dressing
- *Cauliflower Rice Burrito Bowl
chicken, pinto beans, peppers, onions, feta, Pico de Gallo
- *2-Chicken Souvlaki
Greek chicken skewers, tomato cucumber relish, yogurt sauce, cauliflower hummus, wheat pitas

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