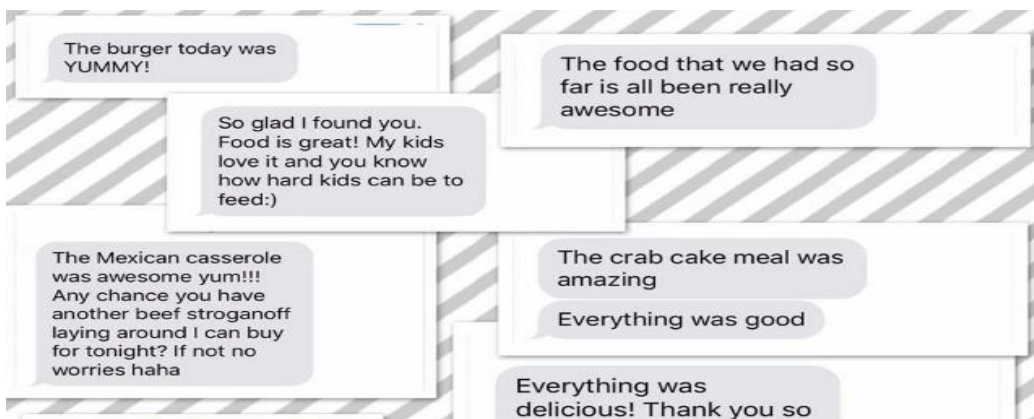


Healthy Meals Charleston

Healthy Meals Charleston is a local meal delivery service. Check out our menus including our Monthly Specials. Order directly from our menus; build your own meal or request customization to fit your nutritional needs.

Check out some of our customer's feedback:



To order or customize your meals:
Email: amber@healthymealscharleston.com
Text: 843.696.4542

www.charlestoncateringandevents.com



BREAKFAST SELECTIONS

Mason Jar Smoothies \$9

Amber's Choice

berries, banana, spinach, natural peanut butter,
vanilla protein powder, almond milk

Orange Julius

pineapple, banana, fresh squeezed orange juice,
vanilla protein powder

Mason Jar Overnight Oats \$8

The Elvis

natural peanut butter, banana, dark chocolate topping

Local's Choice

blueberry, local honey drizzle, toasted almond

Mason Jar Power-Up Parfaits \$11

Kristian's Choice

fresh berries, toasted almonds, house-made granola,
Greek vanilla non-fat yogurt

Local's Choice

banana, raw pecans, local honey shredded carrots,
house made granola, Greek vanilla non-fat yogurt

Local Island Egg White Muffin \$8

(3 egg muffin with additional 4oz vegetables)

Isle of Palm

black beans, corn, tomato, onions, peppers, mushrooms, spinach, cheddar
topped with lo-fat yogurt, pico de gallo

Wadmalaw

sautéd kale, Brussels sprouts, butternut squash, zucchini, onions, peppers,
mushrooms topped with herb goat cheese

Dewees

roasted turkey, peppers, onions, mushroom, tomatoes, asiago

Seabrook

chicken, peppers, onions, mushrooms, jalapenos, cheddar
topped with lo-fat yogurt, pico de gallo

Egg White Omelet in a Jar \$7

(3 eggs with listed ingredients)

Farm House

ham, cheddar, spinach, peppers

Sunrise

black beans, Monterey jack, onions, peppers, mushrooms, tomatoes

Gardeners

broccoli, feta, asparagus, green onion, roasted pepper

Breakfast Whole Wheat Burritos \$5

(frozen- pull from freezer and bake)

Beach Body

onion, red peppers, jalapenos, egg whites, cheddar

Southwestern

black beans, tomato, onion, chipotle seasoning, egg whites, lo-fat mozzarella

Gobbler

ground turkey, tater tots, refried beans, onions, cilantro, egg whites, Monterey jack

SNACKS

Power Balls

Peanut Butter & Oats

Peanut Butter, Chocolate Chips & Oats

Mason Jar Pint = 6 Balls \$12

Mason Jar Quart = 12 balls \$20

Grazing Bowl \$8

hummus, carrots, celery, radish, broccoli, peppers, fruit
with a power ball

Mason Jar Salads

Roasted Brussels Sprout Salad \$12

thinly sliced and roasted Brussels sprouts,
sesame-peanut chicken, herb goat cheese, pecans,
Craisins, mandarin oranges, grape tomatoes, spinach
*apple cider vinaigrette *

Farm House Farro Salad \$12

farro, chicken, blue cheese, sweet potato, shredded carrots,
granny smith apples, daikon radish, fresh parsley, spinach
apple cider Dijon vinaigrette

Rainbow Salad \$13

lemon pepper salmon, crumbled feta, mandarin oranges, pineapple,
pomegranate seeds, cucumber, shredded carrots, spinach
balsamic vinaigrette

Berry Quinoa Salad \$11

quinoa, herb goat cheese strawberries, raspberries, blackberries, blueberries,
cucumbers, almonds, fresh basil and mint, arugula
citrus honey dressing

Greek Salad \$12

chicken, tomatoes, cucumbers, Kalamata olives, pepperchini,
red onion, crumbled feta, romaine
balsamic vinaigrette

Build Your Own

Choose One

spring mix – spinach - baby kale - romaine - arugula

CHOOSE UP TO FOUR

quinoa – farro – garbanzo beans – couscous
broccoli - edamame - beets - butternut squash – cucumbers
green onion - tomatoes – cucumber – shredded carrots - red onion
bell peppers - Kalamata olives - beets - sliced egg - Craisins
strawberries – blueberries – grapes – apples
almonds – pecans - walnuts

Cheese Selection

sharp white cheddar - feta - bleu - herb goat - fresh mozzarella - asiago

Protein: CHOOSE ONE

vegetarian \$11 - chicken \$12 - roasted turkey \$12 – shrimp \$13
salmon \$13 - flank steak \$13

All served with everyone's favorite Charleston's Balsamic Vinaigrette

Healthy Meals

(4oz. protein – 4oz. veggie – 4oz. carb)

grilled chicken, coriander maple glazed carrots, Mexican black beans \$11

roasted turkey, zucchini with herbs and asiago, sweet potato wedges \$11

chicken parmesan, shirataki noodles, carrot chips \$11

Asian shrimp, orange sumac broccoli, parsleyed brown rice pilaf \$12

lemon pepper salmon, balsamic Brussels sprouts, lemon & herb quinoa \$12

flank steak, garlic roasted asparagus, roasted rosemary potatoes \$12

turkey meatloaf, herb carrot chips, cauliflower mac n cheese \$11

Build Your Own

4 oz. portions

Proteins

chicken \$5 - roasted turkey \$5 - shrimp \$6

salmon \$6 - flank steak \$6

Veggies \$3

braised greens - haricots verts with toasted almonds & caramelized shallots
orange sumac broccoli – garlic roasted asparagus - ratatouille
spicy lemon cauliflower – balsamic Brussels sprouts – spicy southern hot corn
oven baked zucchini with herbs & asiago – cinnamon roasted butternut squash
marinated beets with rosemary - roasted parsnips with pesto
coriander maple glazed carrots - sautéed spinach

Beans & Carbs \$3

roasted maple cinnamon sweet potato wedges
roasted rosemary potatoes – quinoa with lemon shallots & herbs
couscous with spinach and carrots - Mexican black beans
parsleyed brown rice pilaf - mashed garbanzo
farro with tomatoes



Charleston Power Bowls

Thai Chicken Buddha Bowl \$11

whole grain farro, chicken, kale, onion and cilantro
with pickled red cabbage, shredded carrots, bean sprouts
topped with peanuts and pickled ginger
peanut sauce

Korean Power Bowl \$12

brown rice, shredded carrots, cucumber, daikon radish, bean sprouts, kimchi
flank steak with Korean BBQ sauce

Middle Eastern Bowl \$11

cooked bulgur, chicken, roasted cauliflower, sautéed kale, baked carrots,
sautéed chickpeas and roasted pumpkin seeds,
minted yogurt sauce

Greek Power Bowl \$11

couscous, chicken, eggplant, cucumbers, roasted peppers,
Kalamata olives, feta cheese, spinach, balsamic vinaigrette

Vietnamese BBQ Shrimp Bowl \$12

rice noodles, BBQ shrimp, shredded carrots, cucumbers, kimchi
crushed peanuts, cilantro, lime wedge
coconut aminos

Build Your Own

Choose Base

cinnamon sweet potatoes - herb roasted rosemary potatoes – marinated tofu
lemon herb quinoa - couscous with spinach and carrots – sautéed kale
faro with tomatoes – Mexican black beans – sautéed spinach
parslied brown rice pilaf - mashed garbanzo - cauliflower rice

Choose Four

haricot verts – broccoli – asparagus – Brussels sprouts - edamame
zucchini - roasted bell peppers – cucumber – tomato – Kalamata olives
caramelized onion - shredded carrots – bean sprouts – seaweed salad

Cheese Selection

cheddar - feta - bleu - herb goat - fresh mozzarella - asiago

Proteins

vegetarian \$10 - chicken \$11 - roasted turkey \$11 - shrimp \$12
salmon \$12 - flank steak \$12

Check out our monthly specials on line or on facebook
www.charlestoncateringandevents.com



RETURN MASON JARS FOR \$2 CREDIT EACH TOWARDS NEXT ORDER.
MINIMUM ORDER FOR DELIVERY IS \$75
FREE DELIVERY ON ALL ORDERS WITHIN 20 MILES

TO ORDER

EMAIL: amber@healthymealscharleston.com

TEXT: 843.696.4542