



## HEALTHY MEALS

AUGUST 24 – SEPTEMBER 16, 2021

### BREAKFAST

#### **MASON JAR OVERNIGHT OATS \$8 each**

\*HEALTHY ELVIS *peanut butter, banana, dark chocolate*

\*LOCAL'S CHOICE *blueberries, toasted almonds, honey*

#### **POWER BALLS**

*peanut butter, oats, flax seed, coconut, dark chocolate*

Mason Jar Pint = 6 Balls \$12

Mason Jar Quart = 12 balls \$20

#### **ISLAND EGG WHITE MUFFINS \$10 each**

\*WADMALAW *spinach, broccoli, zucchini, onions, peppers, herb goat cheese*

\*SEABROOK *chicken, black beans, peppers, onions, spinach, cheddar \*low fat yogurt & salsa\**

### LUNCH OR DINNER

#### **MASON JAR SALADS \$14 each**

##### \*ROASTED BRUSSELS SPROUT SALAD

*sesame-peanut chicken, herb goat cheese, balsamic Brussels sprouts, Craisins, mandarin oranges, grape tomatoes, pecans, spinach*

##### \*GREEK SALAD

*Greek chicken, feta, grape tomatoes, English cucumbers, Kalamata olives, pepperocini, marinated artichokes, roasted peppers, romaine*

#### **CHARLESTON POWER BOWLS \$15 each**

##### \*THAI CHICKEN BUDDHA BOWL

*farro & tomatoes, chicken satay, pickled red cabbage, shredded carrots, bean sprouts, spinach pickled ginger, crushed peanuts, cilantro - peanut sauce*

##### \*BLACKENED SHRIMP BOWL

*garlic scented brown rice, blackened shrimp, black beans & corn, shredded carrots, fresh basil, spinach, lime wedge - cilantro lime dressing*

#### **HEALTHY MEALS \$17**

(6 ounces protein, 3 ounces Carb & veggie)

##### \* CHICKEN PICATTA

*cauliflower rice/maple coriander carrots*

##### \* POACHED CHICKEN

*stuffed with asparagus & herb goat cheese/herb potatoes/balsamic Brussel sprouts*

## **PRICING**

- 1. Minimum order \$80**
- 2. 5% discount for \$100 Orders**
- 3. 10% discount for \$150 Orders**
- 4. Orders placed by 5:00 PM Friday for Tuesday Delivery 12:00 – 2:00**
- 5. Orders placed by 5:00 PM Sunday for Wednesday Delivery 12:00 – 2:00**
- 6. Delivery charges may be added based on location.**