

KSC Meal Prep

Asian Meatballs with Forbidden Rice

A perfect combo for when you want a little sweet and spicy. Gluten and dairy free turkey meatballs, forbidden black rice and julienne carrots served with a side of pineapple chili sauce.

Smoked southwest sausage sweet peppers and kale rice

Smoky and tangy combo that will shock your taste buds. Locally made (nitrate free) smoked turkey sausage with dragon kale and sweet yellow peppers sauteed in an apple cider vinaigrette, and cherry tomatoes. Served over seasoned brown rice.

Pesto Chicken Pasta

Full of creamy flavor without the guilt. Grilled chicken with KSC's signature pesto sauce, served with quinoa pasta and topped with KSC's Sun Dried tomatoes.

Pomodoro with Turkey Meatballs

Healthy twist on a classic, KSC's signature pomodoro sauce with gluten free and dairy free meatballs served over quinoa pasta

Healthy Sausage Peppers and Onions

Smoky, sweet and savory with veggies all in this combo. Locally made (nitrate free) smoked turkey sausage, sauteed Italian peppers and onions, KSC's signature pomodoro sauce served over quinoa pasta.

Chicken Fajita Bowl

Craving mexican? This combo has you covered (and keeping your health in mind). Fajita shredded chicken, grilled sweet pepper and onions, a charred sweet corn and black bean relish, and fresh tomatoes. Served over Spanish basmati rice and a side of cilantro agave lime vinaigrette

Sweet Potato Carbonara

A healthy twist on an Italian classic: Sweet potato zoodles, crispy bacon lardons fresh cherry tomatoes.

Orange Chicken

Full of amazing zest and flavor, minus the normal sugary overload. Grilled chicken with an organic zesty orange sauce with a hint of ginger served with KSC's healthy fried rice.

Teriyaki Chicken

Honey ponzu chicken with sauteed red and green bell peppers, red onions, julienned carrots, and snap peas. Served over brown or KSC's healthy fried rice.

Grilled Ratatouille & Quinoa Pasta

An Italian comfort food. Grilled eggplant, squash and bella mushrooms with KSC signatures pomodoro sauce, served on top of quinoa pasta.

12 Spice Curry Chicken and Spaghetti Squash

An amazing mix of spices are created to make this dish full of flavor but not overpowering. Grilled 12 spice curry chicken served over spaghetti squash and seasoned baby spinach.

Food For The Soul

Available in single or family servings

Elote Mac-n-Cheese

An American and Mexican staple mixed into one cheesy goodness bowl. Rigatoni pasta and 2 cheese mix with grilled sweet corn, green chili, cilantro and tajin.

Creamy Tuscan Chicken

This amazing creamy goodness will certainly make your stomach and heart happy. Pan seared chicken, sauteed baby spinach, KSC's sun dried tomatoes and artichoke hearts served over roasted garlic mashed potatoes.

Green Chili Chicken Enchiladas

An amazing creamy twist on chicken enchiladas. Seasoned shredded chicken, hatch green chili, greek yogurt and shredded jack cheese. Topped with a tomatillo green sauce and accompanied with Spanish Rice.

Cucumber Gazpacho with Shrimp

A cool and refreshing summer soup. A Cucumber Gazpacho topped with Tajin grilled shrimp, and a relish of tomato, sweet corn, spring onions and splash of lime. Drizzled with a cilantro oil.

Beef Stroganoff

An traditional german favorite. Creamy beef stroganoff made with prime choice sirloin and mushrooms. Topped on top of traditional homemade spaetzle or egg noodle.

Fettuccine Alfredo

This homemade creamy goodness has literally been sold by the jug. KSC's homemade creamy Alfredo sauce served over fettuccine. Protein add on: Chicken, Crab or Shrimp.

Pomodoro and Meatballs

KSC takes something so simple to licking the bowl goodness. KSC's signature pomodoro sauce with a 3-meat meatball.

Lemon Infused Shrimp Pasta

This light pasta dish will wow your taste buds but not make you feel guilty after. Angel hair pasta infused with lemon, served with a lemon parsley vinaigrette with seared shrimp and tomatoes.

Pistachio Crusted Salmon

Pesto and Pistachio crusted salmon served with forbidden black rice and sauteed red onions and asparagus.

Caprese Salad

Simple ingredients done well. Locally grown heirloom tomatos, KSC mozzarella, basil and drizzled with KSC basil garlic olive oil and reduced balsamic