



# MENU

July 10-July 17  
 Preorder Deadline **Thursday**  
 @ **midnight**

**PREORDER**

Order on the App or Call Us!  
 469-786-5313

www.mincemealprep.com

Find Us on the App Store  
 (Search Mincemeal Prep)

## MINCED FAVORITES

### Elote Brisket Tacos

Lean Brisket Tacos with Corn Tortillas, High Protein Elote (Mexican Street Corn), Poblano Crema & Roasted Zucchini **Allergens: Milk, Egg**  
 480Cal/ 16F/ 41C/ 5Fiber/ 44P

Reg  
 -  
 13.75

### Taco Stuffed Sweet Potato

The Perfect Balance of Sweet & Savory:  
 Baked Sweet Potato Stuffed with Turkey Taco Meat, Mexican Cheese, Green Onion, Served with Medium Red Salsa **Allergens: Milk**  
 500Cal/ 22F/ 39C/ 6Fiber/ 36P

12.25

### Stuffed Pepper Skillet

Homestyle Dish with Scratch-Made Spicy Ground Chicken Italian Sausage, Bell Peppers, Onion, & Basmati Rice, Stewed in a Flavorful Sauce with Herbs & Tomatoes, Topped with Cheddar **Allergens: Milk**  
 400Cal/ 15F/ 35C/ 3Fiber/ 31P

12.25

### Honey Chipotle Salad with Grilled Chicken 10.5

Organic Greens, Fresh Diced Mango, Black Beans, Roasted Pepitas, Crumbled Feta Cheese, Diced Chicken Breast, Spicy Honey Chipotle Vinaigrette  
**Allergens: Milk**  
 550Cal/ 36F/ 27C/ 6Fiber/ 32P

## BREAKFAST OPTIONS

- Roasted Red Pepper Frittata 10.25
- Pina Colada Protein Overnight Oats 6.5
- Apple Pie Protein Overnight Oats 6.5

## EXTRAS & SMALL MEALS

- Dill Pickle Chicken Salad (12 oz) 10.75
- Dill Pickle Chicken Salad w/ Almond Crackers (Lunch Pack) 10.75
- Chocolate Chip Energy Bites (7 pk) 7.5
- Pizza Dippers (3 pk w/ pizza sauce) 7.75
- Pesto Protein Pasta Salad (12 oz) 10.5

## BUILD-YOUR-OWN CUSTOM MEALS

Choice of Protein, Healthy Carb, & Veggie or Choose Low Carb Option



**\*Proteins, Carbs, & Veggies All Available in 1 lb Bulk**

## MEAL OPTIONS:

- Custom Turkey Taco Meal 11.25
- Custom Chicken Meal 11.75
- Custom Smokey Herb Shrimp Meal 13.25
- Custom Flank Steak Meal 13.50

## HEALTHY CARB OPTIONS:

- Rosemary Roasted Sweet Potatoes
- Roasted Garlic & Herb Red Potatoes
- Brown Rice
- Basmati Rice
- Organic Quinoa
- Cilantro Lime Brown Rice
- Black Beans

## VEGGIE OPTIONS:

- Ginger Soy Broccoli
- Garlic Asparagus
- Seasoned Fajita Peppers
- Nashville Hot Cauliflower
- Spicy Umami or Homestyle Green Beans
- Garlic & Thyme Mushrooms
- Herb Roasted Brussels
- Sauteed Zucchini

## IMMUNE SUPPORT

- McKinney Original Elderberry Syrup (8oz/16 oz) 21/33
- McKinney Seasonal Elderberry Syrup (8oz/16oz) 21/33
- Virus Bomb Trio (3 shots) 5.75
- Turmeric Super Shooter (12 oz) 7.5
- Ginger Lime Shooter (12 oz) 7.25
- Four Thieves Vinegar 4 oz 8.5
- Four Thieves Vinegar 8 oz 12.5
- Aromatherapy Nasal Inhalers\* 5
- 24 oz Local Honey. (Sunnyvale) 13
- 40 oz Local Honey (Sunnyvale) 18

\*Sinus, Virus, or Focus Blends

