



MENU

July 17-July 24
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

Green Chile Enchilada Bake

Shredded Chicken, Green Chiles, Greek Yogurt Verde Sauce, Layered with Organic Corn Tortillas, Monterrey Jack & Queso Fresco **Allergens: Milk**
520Cal/ 18F/ 34C/ 2Fiber/ 54P

Reg
 -
13.25

Yum Yum Korean Chicken Bowl

Marinated Chicken Breast Served Over Steamed Brown Rice with Zucchini, Carrot, & Topped with Scallions & Sesame Seeds & Served with House Made Yum Yum Sauce **Allergens: Sesame, Soy (GF Tamari), Egg**
610 Cal/ 31Fat/ 46C/ 4Fiber/ 34 Protein

12.75

Blackberry Balsamic Chicken

Sliced Herb Chicken Breast Topped with Scratch made Blackberry Balsamic Glaze over Wild Rice Pilaf served with Blanched Green Beans **Allergens: NA**

13.5

Hues of Blues Salad with Grilled Chicken

Organic Mixed Greens, Blueberries, Sliced Almonds, Blue Cheese, Dried Cranberry, Lavender Balsamic Vinaigrette **Allergens: Milk (Sub Feta on App)**
590Cal/ 37F/ 38C/ 4Fiber/ 29P

10.75

BREAKFAST OPTIONS

Brisket & Potato Frittata

10.75

Blueberry Tart Protein Overnight Oats

6.5

Strawberry Vanilla Protein Overnight Oats

6.5

EXTRAS & SMALL MEALS

Sonoma Chicken Salad (12 oz)

10.75

Chicken Breast, Grapes, Basil, Sliced Almonds, Scallions

Sonoma Chicken Salad w/ Almond Crackers

(Lunch Pack)

10.75

Chocolate Chip Energy Bites (7 pk)

7.5

Spicy Keto Meatballs (3 pack with Sauce)

8

Fresh Caprese Salad (2 Serving Pkg)

8.25

Bulk Lean Brisket

16.75

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 Chile Lime Shrimp Meal

13.50

Custom Flank Steak Meal

13.95

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*

