



MENU

July 24-July 31
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

Chicken Piccata Meatballs

Parmesan & Herb Chicken Meatballs, Served on
 Gluten Free Pasta Topped with Buttery Lemon
 Piccata Sauce, Capers, Garlic Asparagus on the Side

Allergens: Milk

530Cal/ 21F/ 54C/ 4Fiber/ 36P

Reg

13.25

Brisket Sweet Potato

Baked Sweet Potato Stuffed with Savory Shredded
 Brisket, Cilantro, Queso Fresco, & House-Made Pickled
 Red Onions

Allergens: Dairy (on the Side)

440 Cal/ 11Fat/ 50C/ 7Fiber/ 36Protein

12.75

BBQ Chicken Plate

Shredded Smokey BBQ Chicken, Smoked Gouda Rotini
 Mac & Cheese, Roasted Carrots, Pickle Slices

Allergens: Dairy (on the Side)

560 Cal/ 23Fat/ 45C/ 3Fiber/ 44Protein

13.50

Berry Wild Strawberry Muffins

4 pack Strawberry Muffins Made with Coconut Sugar,
 Pasture Raised Eggs, Fresh Strawberries, & a Delicious
 Whipped Berry Wild Cream Cheese Dip for

Topping Allergens: Dairy, Coconut

12

BREAKFAST OPTIONS

Turkey Sausage, Caramelized Onion,
 Cheddar Frittata

10

Tiramisu **Protein** Overnight Oats

6.5

Cranberry Orange **Protein** Overnight Oats

6.5

EXTRAS & SMALL MEALS

Jalapeno Popper Chicken Salad (12 oz)

10.75

Chicken Breast, Jalapenos, Bacon, Cheddar, Chives

Sonoma Chicken Salad w/ Almond Crackers

(Lunch Pack)

10.75

Chocolate Chip Energy Bites (7 pk)

7.5

Chicken Satay Skewers w/ Peanut Sauce

9.5

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 Cajun 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

