



MENU

July 3-July 10
 Preorder Deadline **Thursday**
 @ **midnight**

PREORDER

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

www.minc'dmealprep.com

Find Us on the App Store
(Search Minc'd Meal Prep)

MINCED FAVORITES

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| | Reg |
| | - |
| Chicken Chorizo Hash | 12.5 |
| Sweet Potatoes, Ground Chicken Chorizo, Fajita Bell Pepper & Onion. Served with our House-Made Jalapeno Crema Allergens: Milk
480Cal/ 22F/ 39C/ 7Fiber/ 31P (chicken) | |
| Hawaiian Shoyu Chicken | 12.75 |
| Hawaiian Shoyu Chicken over Organic Brown Rice Topped with Green Onions, Grilled Pineapple and Shoyu Sauce. Served with Broccoli Allergens: Soy (GF Tamari) 500Cal/ 6F/ 72C/ 8Fiber/ 40P (chicken) | |
| Cowboy Mac | 11.75 |
| Gluten Free Macaroni, Ground Beef, Tomatoes, Onions and Green Beans in Creamy Sauce Topped with Cheddar. Feelings of Nostalgia will hit with this one Allergens: Soy (GF Tamari) 500Cal/ 6F/ 72C/ 8Fiber/ 40P (chicken) | |
| Patriotic Salad with Grilled Chicken | 11 |
| Organic Greens, Strawberries, Blueberries, Feta, Candied Pecans, Grilled Chicken Allergens: Milk
580Cal/ 33F/ 41C/ 3Fiber/ P (chicken) | |

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:

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|-----------------------------|-------|
| Custom Turkey Taco Meal | 11.25 |
| Custom Chicken Meal | 11.75 |
| Custom Chipotle 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

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|-------------------------------------------------------------|-------|------------------------------------------------|-------|
| Rosemary Cran Chicken Salad 12 oz | 10.5 | McKinney Original Elderberry Syrup (8oz/16 oz) | 21/33 |
| Rosemary Cran Chicken Salad w/ Almond Crackers (Lunch Pack) | 10.75 | McKinney Seasonal Elderberry Syrup (8oz/16oz) | 21/33 |
| Chocolate Chip Energy Bites (7 pk) | 7.5 | Virus Bomb Trio (3 shots) | 5.75 |
| Chicken Satay Skewers with Peanut Sauce | 9.5 | 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



BREAKFAST ITEMS

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|--------------------------------------|-------|
| Turkey Bacon & Smoked Gouda Frittata | 10.25 |
| PB & J Protein Overnight Oats | 6.5 |

EXTRAS & SMALL MEALS