



MENU

July 31- Aug 7
Preorder Deadline Thursday
@ midnight

PREORDER



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



www.mincemealprep.com



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MINCED FAVORITES

Spaghetti Squash Lasagna

Layered Spaghetti Squash, Ground Chicken, Fresh Basil, Spinach, High-Protein Cheese Blend with Herbs & Spices **Allergens: Milk**
500Cal/ 24F/ 24C/ 5Fiber/ 48P

Reg

13.5

"The Bomb" Burrito Bowl

Turkey Taco Meat, Spanish Rice, Spicy Sautéed Onions, Organic Sweet Corn, Black Beans, Queso Fresco & Jalapeno Crema
Allergens: Dairy (on the Side)
580 Cal/ 28Fat/ 51C/ 7Fiber/ 36Protein

13.25

Buffalo Chicken Tacos

Shredded Buffalo Chicken with Corn Tortillas, Served with Dill Greek Yogurt "Ranch", Bleu Cheese Crumbles Blend of Shredded Carrots, Celery, & Green Onions,
Allergens: Milk
560 Cal/ 27Fat/ 27C/ 4Fiber/ 51Protein

12.5

Beef Chili

Traditional Style Chili with a Twist - Northern Beans & Sautéed Cactus with Tomatoes & Corn
Allergens: None
520 Cal/ 22Fat/ 40C/ 8Fiber/ 42Protein

10.5

BREAKFAST OPTIONS

Smoked Gouda & Turkey Bacon Frittata
Sautéed Mushroom & Onion, Herbs

10.50

Key Lime Pie Protein Overnight Oats

6.5

Raspberry Lemon Protein Overnight Oats

6.5

EXTRAS & SMALL MEALS

Apple Tarragon Chicken Salad (12 oz)

11

Chicken Breast, Apples, Celery, Pecan, Red Onion

Apple Tarragon Chicken Salad w/ Almond Flour Crackers (Lunch Pack)

10.75

Chocolate Chip Energy Bites (7 pk)

7.5

Bulk Spanish Rice

8.75

Bulk Buffalo 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:

Custom Turkey Taco Meal	11.25
Custom Chicken Meal	11.75
Custom Garlic & Herb 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
 Sautéed 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

