



# MENU

June 19-June 26  
 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** Reg

**Beef Pot Roast Au Jus** 13.25  
 Lean Pot Roast on a Bed of Garlic Mashed Potatoes, Topped with roasted Thyme Baby Carrots & Served Au Jus **Allergens: Milk**  
 470Cal/ 15F/ 35C/ 5Fiber/ 51P

**Salmon Poke Bowl** 15.25  
 Marinated Cooked Salmon, Sticky Rice, Edamame, Marinated Carrots & Cucumbers, Green House Made Dynamite Sauce. Topped with Furikake  
**Allergens: Soy (GF Tamari), Sesame, Salmon**  
 610Cal/ 30F/ 52C/ 4Fiber/ 31P

**Chipotle Chicken Street Tacos** 12.5  
 Marinated & Grilled Chicken with Grilled Onions, Cilantro, & Lime, Queso Fresco, Chipotle Crema, Corn Tortillas, Served with Lime Wedges  
**Allergens: Milk**  
 450Cal/ 22F/ 24C/ 4F/ 37P

**Apple Berry Salad with Grilled Chicken** 10.75  
 Organic Greens, Diced Apples, Blueberries, Sliced Almonds, Feta, & Scratch-Made Raspberry Basil Vinaigrette **Allergens: Milk, Almond**  
 500Cal/ 32F/ 29C/ 5Fiber/ 29P

**BUILD-YOUR-OWN CUSTOM MEALS**

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

**GLUTEN FREE** **DAIRY FREE** **NO ADDED SUGAR**

**\*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 13.25
- 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

**BREAKFAST ITEMS**

- Turkey Sausage, Cheddar, & Caramelized Onion, Frittata 10
- Lemon Raspberry** Protein Overnight Oats 6.5
- Apple Pie** Protein Overnight Oats 6.5

**EXTRAS & SMALL MEALS**

- Italian Chicken Salad 12 oz 11
- Italian Chicken Salad w/ Almond Crackers 10.75
- Spicy Keto Meatballs with Dill Dip 7.75
- Chocolate Chip Energy Bites (7 pk) 7.5
- Bulk Asian Salmon (Limited Qty) 24

**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*

