



MENU

June 26-July 2
 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

- | | | |
|---|-------|------|
| Pineapple Fried Rice (Chicken or Shrimp) | Reg - | 12.5 |
| Stir-Fried Basmati Rice with Tamari, Red Bell Pepper, Ginger, Egg, Garlic, Scallions, Pineapple, Peas & Pineapple (Chicken or Shrimp) Allergens: Soy (GF Tamari), Egg, Sesame, Shrimp (if chosen)
550Cal/ 18F/ 59C/ 2Fiber/ 36P (chicken) | | |
| Chicken Tortilla Soup | | 10.5 |
| Mexican Soup Packed with Chicken Breast, Onion, Tomatoes, Green Chiles, Pinto Beans, Black Beans, Roasted Corn, Organic Chicken Stock, Garlic, Cilantro & Fresh Lime Allergens: None
410Cal/ 7F/ 38C/ 10Fiber/ 47P | | |
| Greek Chicken Meatball Bowl | | 13.5 |
| Flavorful Chicken Meatballs Packed with Fresh Herbs, Served with Garlic Herb Red Potatoes, Roasted Veggies (Summer Squash Blend, Grape Tomatoes, Red Onion, Cremini Mushroom), Greek Yogurt Dill Sauce, Sprinkled with Feta Allergens: Milk
520Cal/ 20F/ 39C/ 5Fiber/ 49P | | |
| Cran Blue Side Salad with Grilled Chicken | | 10.5 |
| Organic Greens, Dried Cranberries, Blue Cheese Crumbles, Chopped Pecans, Scratch-Made Apple Cider Vinaigrette Allergens: Pecan
Cal/ F/ C/ Fiber/ P | | |

BREAKFAST ITEMS

- | | |
|---|-----|
| Southwest Breakfast Frittata | 10 |
| Strawberry Vanilla Protein Overnight Oats | 6.5 |
| Key Lime Protein Overnight Oats | 6.5 |

EXTRAS & SMALL MEALS

- | | |
|--|-------|
| Buffalo Ranch Chicken Salad 12 oz | 10.75 |
| Buffalo Chicken Salad w/ Almond Crackers | 10.5 |
| Protein Pesto Pasta Salad | 10.5 |
| Chocolate Chip Energy Bites (7 pk) | 7.5 |

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 | 13.25 |
| 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

- | | |
|--|-------|
| 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

