



# MENU

May 15- May 22



Preorder Deadline Thursday @ midnight

## PREORDER



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469-786-5313



www.mincemealprep.com



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### MINCED FAVORITES

Reg / Fam 4

#### Turkey Meatloaf & Garlic Mashed Potatoes



13 / 46

Lean Turkey Meatloaf with Ginger & Herbs, Served with Garlic Mashed Potatoes and Homestyle Green Beans

**Allergens: Milk, Egg, Soy (Non GMO Tamari)**

520 Cal/ 29F/ 38C/ 46Fiber/ 28P

#### Elote Brisket Tacos



13.5 / 48

3 Lean Brisket Tacos with Corn Tortillas, High Protein Elote (Mexican Street Corn), Poblano Crema & Roasted Zucchini Extra Sauce

**Allergens: Milk, Egg**

480 Cal/ 16F/ 41C/ 5Fiber/ 44P

#### Green Chile Enchilada Bake



13 / 46

Shredded Chicken, Green Chilies and a Scratch Made Greek Yogurt Verde Sauce, Layered with Corn Tortillas, Monterey, & Queso Fresco

**Allergens: Milk**

520 Cal/ 18F/ 36C/ 2Fiber/ 54P

#### Cran Blue Side Salad



10.5

Organic Greens, Dried Cranberries, Pecans, Crumbled Blue Cheese, Diced Seasoned Chicken Breast, House-Made Apple Cider Vinaigrette

**Allergens: Milk, Pecan**

520 Cal/ 33F/ 30C/ 5Fiber/ 28P

### BREAKFAST ITEMS

Southwest Frittata

10

Texas Scramble (Steak & Eggs)

13

Lemon Raspberry Protein Overnight Oats

6.5

Key Lime Pie Protein Overnight Oats

6.5

### EXTRAS & SMALL MEALS



Cranberry Rosemary Chicken Salad - 12oz 10.5

Cranberry Rosemary Chicken Salad with Almond Flour Crackers 11

Chocolate Chip Energy Bites (7 pk) 7.5

Chicken Satay Skewers w/ Peanut Sauce 9.25

### 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:

Turkey Taco Meal	11.25
Grilled Chicken Meal	11.75
Cajun Shrimp Meal	13.25
Lean 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  
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

