



DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF MARCH 19, 2018
ORDERS DUE WEDNESDAY, MARCH 14

PICK UP ON MONDAY 3/19/18

BREAKFAST – SM, MED, OR FAMILY OF 4 STYLE

Egg Stuffed Baked Potato

Hollowed out baked potato with cheese, spinach, bacon, and topped with a cracked egg for a delicious twist to a traditional breakfast

Banana Chocolate Chip Muffin Bread

Made with almond butter, bananas, protein powder, dark chocolate chips, and eggs

Healthy Breakfast Bowl

New Potatoes, farm fresh eggs, onion, bacon, and cheddar cheese all mixed together for a full breakfast.

LUNCH/DINNER – SM, MED, OR FAMILY OF 4 STYLE

Sautéed Chicken Chunks with Zucchini and Yellow Squash

A delicious low carb and high protein chicken dish with hearty vegetables.

Greek Chicken with Orzo

A healthy version of a traditional Greek Chicken dish.

Pulled Pork Sweet Potato or Baked Potato with Green Beans

Slow cooked lean pork tenderloin, stuffed inside a baked sweet potato, served with a side of green beans

Pepper Steak

Made with lean top sirloin steak, green peppers, and mushrooms. Served over a bed of brown rice for a healthy protein packed meal.

Cauliflower Crusted Flatbread Pizza

A vegetarian cauliflower rice crusted pizza covered with pesto, mozzarella cheese, artichoke hearts, basil, purple onion, and sundried tomatoes

Turkey Meatloaf with Green Beans

Your Classic Meatloaf dish with a healthy twist. Turkey Meatloaf that melts in your mouth with a delicious side of green beans

SNACKS – ONE SIZE ONLY

Fuji Apple Chicken Salad

Prepared with chopped chicken, grapes, sliced Fuji apples, lemon juice, pepper, and olive oil based mayonnaise

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