



DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF APRIL 22, 2019
ORDERS DUE WEDNESDAY, APRIL 17

PICK UP ON MONDAY 4/22/19

BREAKFAST – \$6-SM, \$8-MED, OR \$27-FAMILY OF 4 STYLE

Bacon and Spinach Frittata

Farm Fresh eggs baked and prepared with cheddar cheese, fresh spinach, and center cut bacon

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 – \$9-SM, \$11-MED, OR \$40-FAMILY OF 4 STYLE

Roasted Pork Tenderloin

Marinated and Grilled Pork Tenderloin seared on each side to preserve flavor.
Served with Brown Rice and Grilled Asparagus

Baked Chicken with Rice

Made with chicken breast, brown rice, chopped mushrooms, chicken broth, and chopped asparagus

Lasagna Stuffed Zucchini Boats

A healthy way to eat lasagna with ground turkey and ricotta and Italian marinara

Turkey Chili

Made with lean ground turkey, kidney beans, black beans, tomatoes, onions, turmeric, and other anti-inflammatory spices

Beef Stir-Fry

A delicious blend of spaghetti, onions, celery, garlic, light soy sauce, and cabbage mix together with pan seared top sirloin for a delicious, protein packed meal

Chicken and Rice Soup with Hearty Vegetables

Made with chicken breast, brown rice, carrots, tomatoes, onions, green beans, lima beans, and celery

SNACKS – \$9-ONE SIZE ONLY

Fuji Apple Chicken Salad

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

Peanut Butter Energy Bites (1 dozen)

Each bite is 100 calories with wholesome nutrition from flax seed, chia seed, coconut, honey, dark chocolate, oatmeal, and natural peanut butter.

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