



DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF SEPTEMBER 2, 2019
ORDERS DUE WEDNESDAY, AUGUST 28

PICK UP ON MONDAY 9/2/19

BREAKFAST – \$6-SM, \$8-MED, OR \$28-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 – \$9-SM, \$11-MED, OR \$40-FAMILY OF 4 STYLE

Turkey Burgers with Mashed Sweet Potatoes and Broccoli

Made with mashed sweet potatoes and steamed seasoned broccoli

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.

Chicken Parmesan with Spinach Noodles

A fresh bed of spinach noodles, topped with a lightly breaded chicken breast, all covered and smothered with a creamy marinara sauce.

Baked Paleo Chicken Tenders

Baked paleo chicken tenders with almond meal, shredded coconut, and blend of spices served with mashed sweet potato and broccoli.

Chicken Enchilada with Whole Wheat Tortilla

A healthy version of enchiladas with a green tomatillo sauce.

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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