



NAME: \_\_\_\_\_

PICK UP LOCATION: \_\_\_\_\_

## DELICIOUS MEALS TO GO! Weekly Menu



**WEEK OF MARCH 30, 2020**  
**ORDERS DUE WEDNESDAY, MARCH 25**

**PICK UP ON MONDAY 3/30/20**

### LUNCH/DINNER

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

#### **Turkey Meatballs over Cauliflower Rice with Green Beans**

Made with lean ground turkey and cauliflower rice and green beans. A traditional meatball dish without the heavy carbs.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

#### **Sautéed Chicken Chunks with Zucchini and Yellow Squash**

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

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

#### **Greek Chicken with Orzo**

A healthy version of a traditional Greek Chicken dish.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

#### **Cauliflower Crusted Flatbread Pizza**

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

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

#### **Chicken and Rice Soup with Hearty Vegetables**

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

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

#### **Pulled Pork Tacos with Purple Cabbage Pico**

Made with slow cooked pork tenderloin, lime, and cilantro. Served with a side of black beans and purple cabbage pico de gallo, and whole wheat tortillas.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

### BREAKFAST

**\$6-SM, \$8-MED, OR \$28-FAMILY OF 4 STYLE**

#### **Egg Whites with Fresh Strawberries and Ezekiel Toast**

A healthy and clean breakfast with egg whites from farm fresh eggs and sliced strawberries and a slice of Ezekiel toast.

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

#### **Banana Chocolate Chip Muffin Bread**

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

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

#### **Healthy Breakfast Bowl**

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

Small \_\_\_\_\_ Medium \_\_\_\_\_ Family \_\_\_\_\_

### SNACKS

**\$9-ONE SIZE ONLY**

#### **Fuji Apple Chicken Salad**

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

One Size \_\_\_\_\_

#### **Paleo Chocolate Chip Cookies (1 dozen)**

A paleo compliant chocolate chip cookie with carob chips, almond flour, and coconut sugar.

One Size \_\_\_\_\_

**Order today!**

**TEXT: 832-267-7730 or EMAIL: [firethorne@esnhealth.com](mailto:firethorne@esnhealth.com)**

**[ESNHealthyKitchen.com](http://ESNHealthyKitchen.com)**