



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO!
Weekly Menu



WEEK OF MARCH 1, 2021
ORDERS DUE WEDNESDAY, FEBURARY 24

PICK UP ON MONDAY 3/1/21

LUNCH/DINNER

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

Baked Stuffed Bell Peppers

Made with green bell pepper, chopped onion, lean ground turkey, tomatoes, cauliflower rice, and cheddar cheese.

Small _____ Medium _____ Family _____

Chicken Stir-Fry

A delicious blend of spaghetti, onions, snap peas, broccoli, garlic, and light soy sauce, mixed together with pan seared chicken breast for a delicious meal.

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 _____

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

ESNHealthyKitchen.com