



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

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

**DELICIOUS MEALS TO GO!**  
Weekly Menu



**WEEK OF OCTOBER 4, 2021**  
**ORDERS DUE WEDNESDAY, SEPTEMBER 29**

**PICK UP ON MONDAY 10/4/21**

**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 \_\_\_\_\_

**Baked Paleo Chicken Tenders**

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

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**

**Healthy Overnight Oats**

A healthy and clean breakfast with old fashioned whole grain oats, peanut butter, blueberries, strawberries, Greek yogurt, chia seeds, almond milk, and almond slices.

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)**