



NAME: _____

PICK UP LOCATION: _____

DELICIOUS MEALS TO GO! Weekly Menu



WEEK OF JANUARY 31, 2022
ORDERS DUE WEDNESDAY, JANUARY 26

PICK UP ON MONDAY 1/31/22

LUNCH/DINNER

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

Crusted Paleo Chicken with Pico and Roasted Potatoes

Baked crusted paleo chicken breast with almond meal and a blend of spices topped with pico and served with roasted new potatoes and green beans

Small _____ Medium _____ Family _____

Roasted Pork Tenderloin

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

Small _____ Medium _____ Family _____

Lasagna Stuffed Zucchini Boats

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

Small _____ Medium _____ Family _____

Sautéed Veggies with Quinoa and Brown Rice

A delicious vegetarian dish with hearty vegetables and healthy grains.

Small _____ Medium _____ Family _____

Beef Sliders with Asparagus and Potato Wedges

Grass-fed beef grilled sliders served with seasoned potato wedges, and asparagus. It comes with tomatoes, sautéed onions, and mushrooms on the side.

Small _____ Medium _____ Family _____

Healthy Egg Roll in a Bowl

A healthy rendition of a classic comfort dish with lean ground turkey and cabbage, sesame seeds, green onion, and carrots all over a bed of brown rice.

Small _____ Medium _____ Family _____

BREAKFAST

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

Bacon and Spinach Frittata

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

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 _____

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.

One Size _____

Order today!

TEXT: 832-267-7730 or EMAIL: firethorne@esnhealth.com

ESNHealthyKitchen.com