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OUR NEW APP AND
PREORDER BY FRIDAY 5 AM
FOR PICKUP SUNDAY OR
MONDAY



JAN 7 -
JAN 13

Menu

EGG-CELLENT CHOICES

BLT Frittata	9.5
BLT Frittata - DF	9.5
Strawberry Protein Pancakes	9.75
Balanced Breakfast Bowl	9.25

OTHER PUN STUFF

Buffalo Ranch Chicken Salad	9.5
Buffalo Ranch Chicken Salad with Almond Crackers	10.75
Banana Walnut Muffins - 4 ct	11

PEEL GOOD MEALS

Apple Sage Turkey Burgers	11.25 / 42
Scratch Made Turkey Burger, Topped with Cranberry Relish and Served with Cinnamon Roasted Sweet Potatoes GF, Allergens: None 430C/11F/49C/28P	

SOUP SERENADE

Hearty Taco Soup	9.5 / 36
Tacos Soup Packed with Beef & Nutritious Veggies. Whole 30 & Paleo Friendly GF, Allergens: NA 450C/ 22F/ 19C/ 40P	

Rotating
Every
10 Weeks

MINCED

Spaghetti Squash Lasagna	13 / 48
Spaghetti Squash Layered with Ground Chicken, Fresh Basil, Spinach, High Protein Cheese Mix with with Herbs, Red Sauce GF, Low Carb, Allergens: Dairy 500C/ 24F/ 21C/ 48P	

Beef Pot Roast	12 / 42
Garlic Mashed Potatoes Topped with Beef Pot Roast, Light Brown Gravy, & Roasted Baby Carrots GF, Low Carb Option on App, Allergens: Dairy 470C/ 15F/ 30C/ 51P	

Rotating
Every
5 Weeks

Bulk Items

Ground Turkey Taco	Broccoli
Hawaiian Shoyu	(2 Flavor Varieties)
Chicken	Garlic Asparagus
Lean Flank Steak	Thyme Mushrooms
Grilled Chicken	Fajita Bell Peppers
Garlic & Herb Shrimp	Roasted Cauliflower
Pork Carnitas	Homestyle Green Beans
	Herb Roasted Brussels
	Summer Squash

LETTUCE EAT SALAD

AGAVE DIJON: Organic Spinach, Sliced Almonds, HB Egg, Cranberries, Mozzarella, Agave Dijon dressing	6.75
Ginger Miso: Organic Greens, Mandarins, Almonds, Purple Cabbage, Scallions, Edamame, Carrot, Miso Dressing	8.75
UPTOWN: Organic Greens, Dried Cranberries, Feta, Balsamic Roasted Butternut, Fig Pistachio, Apple Cider Vinaigrette	8.75
*Add Grilled Chicken	+4

Rowlett. Rockwall. Forney Satellite
Visit App for Nutritional Facts



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Week E-1