



# MENU

**April 24 - May 1**  
 Preorder Deadline Thursday @ midnight



## PREORDER

Order on the App or Call Us!  
 469-786-5313

www.minc'dmealprep.com  
 Find Us on the App Store  
 (Search Minc'd Meal Prep)

### MINCED FAVORITES

Reg / Fam 4

**Creamy Poblano Chicken & Rice**   **10.75 / 40**  
 Seasoned Shredded Chicken Over Brown Rice,  
 Topped with a Smoky Cheesy Poblano Cream Sauce  
**Allergens: Dairy**  
**530 Cal/ 26 F/ 40 C/ 4 Fiber/ 34 P**

**Salmon Poke Bowl**   **15.25/ 56**  
 Marinated Cooked Salmon, Sticky Rice, Edamame,  
 Marinated Carrots & Cucumbers, Green Onions,  
 House Made Dynamite Sauce. Topped with  
 Furikake **Allergens: Soy (GF Tamari), Sesame**  
**610 Cal/ 30 F/ 52 C/ 4 Fiber/ 31 P**

**Southern Chicken Bowl**   **12.75/ 46**  
 Layered Bowl Starting with Garlic Cauliflower Mash,  
 Seasoned Oven "Fried" Chicken, Corn, Shredded  
 Cheddar, & Brown Gravy **Allergens: Dairy, Anchovy**  
**(Worcestershire), Soy (Tamari)**  
**500 Cal/ 26 F/ 31 C/ 7 Fiber/ 41 P**

### BREAKFAST ITEMS

 **Chicken Chorizo Frittata** 10.25  
**Fluffy Apple Pie Protein Pancakes** 11.25  
**PB & J Protein Overnight Oats** 6.5  
**Pina Colada Protein Overnight Oats** 6.5

### EXTRAS & SMALL MEALS

**Sonoma Chicken Chicken** 11  
**Sonoma Chicken Salad Lunch Pack with** 11  
**Almond Flour Crackers**  
**Chocolate Chip Energy Bites (7 pk)** 7.5  
**Chicken Satay Chicken Skewers with** 9.25  
**Peanut Sauce**  
**Garlic Cauliflower Mash- 1 lb** 8.75

### BUILD-YOUR-OWN CUSTOM MEALS

Choice of Protein, Healthy Carb, & Veggie  
 or Choose Low Carb Option



**\*Proteins, Carbs, & Veggies All  
 Available in 1 lb Bulk**

### MEAL OPTIONS:

**Turkey Taco Meal** 11.25  
**Grilled Chicken Meal** 11.75  
**Chipotle Shrimp Meal** 13.25  
**Lean Flank Steak Meal** 13.50

### HEALTHY CARB OPTIONS:

**Rosemary Roasted Sweet Potatoes**  
**Roasted Garlic & Herb Red Potatoes**  
**Brown Rice**  
**Basmati Rice**  
**Organic Quinoa**  
**Cilantro Lime Brown Rice**  
**Black Beans**

### VEGGIE OPTIONS:

**Ginger Soy Broccoli**  
**Garlic Asparagus**  
**Seasoned Fajita Peppers**  
**Nashville Hot Cauliflower**  
**Spicy Umami or Homestyle Green Beans**  
**Garlic & Thyme Mushrooms**  
**Herb Roasted Brussels**  
**Sauteed Zucchini**

### IMMUNE SUPPORT

**McKinney Original Elderberry Syrup (8oz/ 16 oz)** 21/33  
**McKinney Seasonal Elderberry Syrup (8oz/16oz)** 21/33  
**Virus Bomb Trio (3 shots)** 5.75  
**Turmeric Super Shooter (12 oz)** 7.5  
**Ginger Lime Shooter (12 oz)** 7.25  
**Four Thieves Vinegar 4 oz** 8.5  
**Four Thieves Vinegar 8 oz** 12.5  
**Aromatherapy Nasal Inhalers\*** 5  
**24 oz Local Honey. (Sunnyvale)** 13  
**40 oz Local Honey (Sunnyvale)** 18

\*Sinus, Virus, or Focus Blends

