



# MENU

**April 3 - April 10**  
 Preorder Deadline Thursday @ midnight

## PREORDER

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

www.mincemealprep.com

Find Us on the App Store  
 (Search Mincemeal Prep)

### MINCED FAVORITES

Reg / Fam 4

**Green Chile Enchilada Bake** 13 / 46

Shredded Chicken, Green Chilies and a Scratch Made Greek Yogurt Verde Sauce, Layered with Organic Corn Tortillas, Monterey, & Queso Fresco

**Allergens: Dairy**

520Cal/ 18F/ 36C/ 2Fiber/ 54P

**Yum Yum Korean Chicken Bowl** 12.75 / 48

Marinated Chicken Breast Served Over Steamed Brown Rice with Zucchini, Carrot, & Topped with Scallions & Sesame Seeds & Served with House Made Yum Yum Sauce

**Allergens: Sesame, Soy (GF Tamari), Egg**

520Cal/ 20F/ 39C/ 5Fiber/ 49P

**Stuffed Pepper Skillet** 12.25 / 44

Homestyle Dish with Scratch-Made Ground Chicken Italian Sausage, Bell Peppers, Onion, & Basmati Rice, Stewed in a Flavorful Sauce with Herbs & Tomatoes, Topped with Cheddar

**Allergens: Dairy**

400Cal/ 15F/ 35C/ 3Fiber/ 31P

*Small Batch*

**Chipotle Shrimp Street Tacos** 12.5 / N/A

Spicy Chipotle Shrimp, Corn Tortillas, Served with Queso Fresco and Honey Lime Rainbow Slaw on the Side

**Allergens: Dairy, Shellfish**

450Cal/ 14F/ 53C/ 7Fiber/ 31P

### BREAKFAST ITEMS

Southwest Breakfast Frittata (V)	10
Texas Scramble (Steak & Egg Plate)	13
Strawberry Vanilla Pecan Overnight Oats	6.5
PB & J Overnight Oats	6.5

### EXTRAS & SMALL MEALS

<b>Dill Pickle</b> Chicken Salad- 12oz	10
<b>Dill Pickle</b> Chicken Salad Lunch Pack with Almond Flour Crackers	11
Chocolate Chip Energy Bites (7 pk)	7.5
Spicy Keto Chicken Meatballs w/ Dill Dip	7.75

### 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
Cajun 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  
 Sautéed 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

