

FOLLOW US

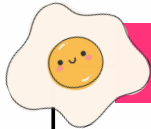


@MINCEDMEALPREP



AUG 2 -
AUG 9

Menu



EGG-CELLENT CHOICES

BLT Frittata	10
Balanced Breakfast Bowl	9.75
Double Chocolate Protein Muffins	11
Cinnamon Apple Overnight Oats	6
Peanut Butter Cup Overnight Oats	6

OTHER PUN STUFF

Smokey Habanero Pretzels	7.75
Smokey Habanero Trail Mix	Various
Paleo Trail Mix (Toasted Coconut)	Various
Chocolate Chip Energy Bites	7.75

SNACK ATTACK

Buffalo Ranch Chicken Salad (12 oz)	9.5
Buffalo Ranch Chicken Salad with Almond Crackers (Lunch Pack)	10.75
Caprese Salad	7.75
Chicken Satay Skewers	9.25
Berry Wild Bento Box	7.25
Keto Go Snack Box	7.5

SUMMER VIBES

Spicy MexiCali Beach Bowl	13.5 / 48
Saucy Marinated Shrimp with a Kick, Long Grain Rice, Roasted Poblano Greek Yogurt Sauce, Honey Lime Rainbow Slaw, Queso Fresco, Fresh Lime	
GF	
Allergens: Dairy, Shellfish	
480C / 14F / 49C / 36P	



Bulk Items

PROTEIN

Ground Turkey Taco
Hawaiian Shoyu Chicken
Lean Flank Steak
Grilled Chicken
Garlic & Herb Shrimp
Beef Street Taco

CARBS

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

VEGGIES

Garlic Broccoli
Ginger Soy Broccoli
Garlic Asparagus
Thyme Mushrooms
Fajita Bell Peppers
Roasted Cauliflower
Nashville Hot Cauliflower
Homestyle Green Beans
Spicy Umami Green Beans
Herb Roasted Brussels
Honey Garlic Brussels

MINCED FAVES

Pizza Stuffed Baked Potato	12 / 44
Russet Potato Baked & Stuffed with Pizza Sauce, House-Made Italian Chicken Sausage, Boars Head Turkey Pepperoni, Parmesan, Mozzarella, & Seasonings	
GF, NO ADDED SUGAR	
Allergens: Dairy	
510C / 16F / 49C / 36P	

Gourmet Chicken Burger	12.5 / 46
Grilled Chicken Burger Stuffed with Herbs, Lemon & Garlic, Served with Lettuce, Tomato, & Lemon Herb Potato Salad	
GF, NO ADDED SUGAR	
Allergens: NA	
500 Cal / 24F / 28C / 38P	

Increased Protein & New Macros!!

LETTUCE EAT SALAD

Hues of Blues: Organic Greens, Dried Cranberries, Sliced Almonds, Blue Cheese, Lavender Balsamic Vinaigrette	8.5
Summer Salad: Organic Greens, Pineapple, Pickled Onions, Pepitas, Mozzarella Pearls, Honey Lime Vinaigrette	8.75

*Make it a Meal & Add 1/4 lb. Chicken

+4

Rowlett

Visit App for Nutritional Facts



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Week 5