



MENU

Feb 6 to Feb 13



Preorder Deadline Thursday @ midnight

PREORDER



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



www.mincedmealprep.com



Find Us on the App Store
(Search Mincd Meal Prep)

MINCED FAVORITES

Reg / Fam 4

New!

Loaded Chicken Baked Potato Soup 10.25

Yukon Potatoes, Low Sodium Bacon, Seasoned Chicken, Veggies, Sharp Cheddar, & Organic Half & Half

Allergens: Dairy, Anchovy (Worcestershire)

570 Cal/ 26F/ 44C/ 5Fiber/ 39P

Chicken Chorizo Hash 12.5/ 44

Roasted Sweet Potatoes, Ground Chicken Chorizo, Fajita Bell Pepper & Onion. Served with our House-Made Jalapeno Crema

Allergens: Dairy

480Cal/ 22F/ 39C/ 7Fiber/ 31P

Carnitas Bowl 12.5/ 46

Authentic Smokey Shredded Pork Carnitas on Cilantro-Brown Rice, Pickled Red Onions, Feta Cheese, Salsa Verde on the Side

Allergens: Dairy

550Cal/ 15F/ 58C/ 5Fiber/ 44P

Creamy Tomato Basil Soup (Weds Special) 8

Rich Tomato Soup Loaded with Loads of Fresh Basil, Cream and Red Pepper Flakes

Allergens: Dairy

Per 8 oz Serving: 230Cal/ 18F/ 17C/ 4Fiber/ 4P

BREAKFAST ITEMS

Turkey Sausage & Cheddar 9.50

Texas Scramble (Steak & Eggs) 12.75

Cranberry Orange Overnight Oats 6.50

New!

IMMUNE SUPPORT

McKinney Original Elderberry Syrup (8oz)	21
McKinney Original Elderberry Syrup (16 oz)	33
McKinney Seasonal Elderberry Syrup (8 oz)	21
McKinney Seasonal Elderberry Syrup (16 oz)	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

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
Smokey Herb 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

EXTRAS & SMALL MEALS

Italian Chicken Salad- 12oz	10.50
Italian Chicken Salad Lunch Pack with	10.75
Almond Flour Crackers	7.5
Chocolate Chip Energy Bites	7.5
Chicken Satay Skewers w/ Peanut Sauce	9.25

