



MENU



Jan 30 to Feb 6
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 Minced Meal Prep)

MINCED FAVORITES

Reg / Fam 4

Hawaiian Shoyu Chicken



12.75 / 47

Hawaiian Shoyu Chicken Cooked with Fresh Garlic & Ginger, Served Over Organic Brown Rice Topped with Green Onions, Grilled Pineapple Ring, Broccoli, and Extra Shoyu Sauce

Allergens: Soy (non-gmo GF Tamari)

500 Cal/ 6F/ 72C/ 8Fiber/ 40P

Hearty Chicken Tortilla Soup



10 / 36

Mexican Soup Packed with Chicken Breast, Onion, Tomatoes, Green Chiles, Pinto Beans, Black Beans, Roasted Corn, Organic Chicken Stock, Cilantro & Lime

Allergens: NA

410Cal/ 7F/ 38C/ 10Fiber/ 47P

Beef Pot Roast Au Jus



13.25 / 50

Lean Pot Roast on a Bed of Garlic Mashed Potatoes, Topped with roasted Thyme Baby Carrots & Served Au Jus

Allergens: Dairy

470Cal/ 15F/ 35C/ 5Fiber/ 51P

BREAKFAST ITEMS

BLT Frittata	10.75
Protein Pumpkin Pancakes	10.25
Chicken Chorizo & Egg Breakfast Tacos	9.75

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
Shrimp Meal	13.25

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

EXTRAS & SMALL MEALS

Sonoma Chicken Salad- 12oz	10.50
Sonoma Chicken Salad Lunch Pack with Almond Flour Crackers	10.75
Chocolate Chip Energy Bites	7.5
Spicy Keto Meatballs with Dill Dip	7.75