



MENU

Mar 13 - Mar 20
Preorder Deadline Thursday @ midnight

PREORDER



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469-786-5313



www.minc'dmealprep.com



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MINCED FAVORITES **Reg / Fam 4**

Chicken Tikka Masala   **10 / 40**
Chicken, Cauliflower, Jalapeno, & Peas Simmered in a Spiced Tomato & Greek Yogurt Sauce with Cilantro. Served Over Basmati Rice.

Allergens: Dairy 530Cal/ 14F/ 62C/ 4Fiber/ 42P

Southern Chicken Bowl   **10 / 40**
Layered Bowl with Our Popular Garlic Cauliflower Mash, Seasoned "Fried" Chicken, Corn, Shredded Cheddar Cheese, & Brown Gravy

Allergens: Milk, Anchovy, Soy 500Cal/ 26F/ 31C/ 7Fi/ 41P

Cowboy Mac   **10 / 40**
Gluten Free Macaroni, Ground Beef, Tomatoes, Onions and Green Beans in Creamy Sauce Topped with Cheddar

Allergens: Milk 580Cal/ 33F/ 41C/ 3Fiber/ 31P

Herbed Chicken & Roasted Veggies   **10/ 40**
Sliced Chicken Breast with Garlic & Herbs, Served with Rainbow Root Veggies with Roasted Garlic

Allergens: None 410Cal/ 15F/ 30C/ 5Fiber/ 38P



Anniversary Special

JUST THIS WEEK!

Patriotic Salad with Grilled Chicken 10
Cran Blue Salad with Raspberry Vinaigrette & Grilled Chicken 10

BREAKFAST ITEMS

Brisket & Potato Frittata 10.75
Banana Pecan Protein Pancakes w/ Maple Syrup 10.5
Apple Pie Overnight Oats 6.5
Key Lime Pie Overnight Oats 6.5

EXTRAS & SMALL MEALS

Sonoma Chicken Salad- 12oz 11
Sonoma Chicken Salad Lunch Pack with Almond Flour Crackers 10.5
Chocolate Chip Energy Bites (7 pk) 7.50
Spicy Keto Meatballs with Dill Dip 7.75

BULK SPECIALTY PROTEINS (1 LB)

Lean Brisket 16.75

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

