



MENU

Mar 20 - Mar 27



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

Loaded Pizza Bake   **12.75 / 48**

Spaghetti Squash Topped with Pizza Sauce, House-Made Italian Chicken Sausage, Turkey Pepperoni, Red Bell, Mushrooms, Fresh Basil, Sweet Whole Roasted Garlic, Mozzarella, Parmesan

Allergens: Dairy

380Cal/ 16F/ 26C/ 5Fiber/ 36P

Smothered Enchilada Chicken   **12.75 / 46**

Grilled Chicken Breast Filet, Topped with Scratch-Made Enchilada Sauce, Our Spicy Cashew Queso Blanco, Green Onions & Served with Cilantro-Lime Rice

Allergens: Cashew

540Cal/ 14F/ 53C/ 5Fiber/ 49P

Poblano Hatch White Chicken Chili   **10 / 36**

Creamy White Bean Chicken Chili, Packed with Chicken, Tomatoes, Corn, Roasted Poblano and Hatch Chile

Allergens: Milk

540Cal/ 15F/ 52C/ 10Fiber/ 49P

BREAKFAST ITEMS

Turkey Sausage & Cheddar Frittata 9.5
Balanced Breakfast Bowl 10.50
Cranberry Orange Protein Overnight Oats 6.5



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

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
Chile Lime 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 11
Italian Chicken Salad Lunch Pack with 11
Almond Flour Crackers
Chocolate Chip Energy Bites (7 pk) 7.5
Pizza Dippers Snack with Dipping Sauce 7.75

