



Rowlett



Rockwall Nutrition



Delivery



**Preorder
Deadline:
Friday 5 am**

**OCT 24
TO
OCT 31**

Menu



EGG-CELLENT CHOICES

Roasted Red Pepper Frittata	10
Keto Biscuits & Turkey Sausage Gravy	9.25
Blueberry Tart Overnight Oats	6
Double Chocolate Muffins Made with Greek Yogurt & Honey (4 ct)	11

SNACK ATTACK

Sonoma Chicken Salad - 12 oz	9.5
Sonoma Chicken Salad with Almond	10.75
Cracker Lunch Pack	
Pesto Protein Pasta Salad	9.75
Berry Wild Bento Box	7.25
Chicken Satay Skewers w/ Peanut Sauce	8
Chocolate Chip Energy Bites	9.25
Smokey Habanero Snacking Pretzels	7.25
	7.75

TEXAN FAVES

Elote Brisket Tacos with Poblano Crema	13.25/ 46
3 Corn Tortillas with Lean Brisket, High Protein Elote (Mexican Street Corn), Poblano Crema, & Roasted Zucchini	
GF, High Protein, No Added Sugar	
Allergens: Dairy	
Nutrition in Progress	

MINCED FAVES

Blackened Chicken or Shrimp Alfredo	13 / 46
SGF Fettucini Topped with a Low Fat, High Protein Spicy Alfredo Sauce with NO Heavy Cream or Butter. Topped with Diced Tomatoes & Green Onions Served with Broccoli	
GF, No Added Sugar	
Allergens: Dairy, Almond, (Shrimp if ordered)	
480C/ 10F/ 51C/ 46P Chicken	
460C/ 13F/ 52C/ 33P Shrimp	

Loaded Pizza Bake	13.25/ 46
Spaghetti Squash Bake Lightly Dressed with Pizza Sauce & Mozzarella, Spicy Chicken Sausage, Boar's Head Turkey Pepperoni, Sliced Mushrooms, Bell Peppers & Sweet Roasted Whole Garlic	
GF, No Added Sugar, Low Carb	
Allergens: Dairy	
380C/ 16F/ 21C/ 36P	

Bulk Items

Ground Turkey Taco	Garlic Broccoli
Green Chile Chicken	Ginger Soy Broccoli
Lemon Herb Mahi Mahi	Garlic Asparagus
(Meals only, No bulk)	Thyme Mushrooms
Grilled Chicken	Fajita Bell Peppers
Chipotle Shrimp	Roasted Cauliflower
Shredded Lean Brisket	Nashville Hot Cauliflower
Rosemary Sweet Potatoes	Homestyle Green Beans
Garlic & Herb Potatoes	Spicy Umami Green Beans
Organic Quinoa	Herb Roasted Brussels
Cilantro Lime Brown Rice	Honey Garlic Brussels
Basmati Rice	Sauteed Summer Squash
Black Beans	

LETTUCE EAT SALAD

PATRIOTIC: Organic Greens, Strawberries, Blueberries, Candied Pecans, Feta, Apple Cider Vin.	8
HUES OF BLUES: Organic Greens, Blueberries, Almonds, Cranberries, Blue Cheese, Lavender Vin.	8.5
*Add 1/4 lb Chicken	+4



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Week 7