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@MINCEDMEALPREP



**SEPTEMBER 12
TO
SEPTEMBER 19**

Menu



EGG - CELLENT CHOICES

Southwest Frittata	9.50
Texas Scramble (Steak & Eggs)	12.25
PB&J Overnight Protein Oats	6
Lemon Raspberry Oats	6

OTHER PUN STUFF

Habanero Trail Mix (2 Sizes)	Varies
Toasted Coconut Paleo Trail Mix	Varies
Smokey Habanero Snacking Pretzels	7.75



FEELIN' SNACKY

Dill Pickle Chicken Salad- 12 oz	9.5
Dill Pickle Chicken Salad with Almond Crackers Lunch Pack	10.75
Pizza Dippers	7.25
Keto Meatballs with Dill Dip	7.5
Berry Wild Bento Box	8
Chocolate Chip Energy Bites	7.25

CHECK IT OUT

SPRING VIBES

BBQ Shrimp Skewer Plate	13 / 46
BBQ Glazed Shrimp Skewers with Served with Basmati Rice and Smokehouse Zucchini, & Gluten Free Macaroni Salad	
GF	
Allergens: Dairy (Mac Salad), Shrimp	

MINCED

15

Bulk Items

Ground Turkey Taco Meat
Shredded Baja Chicken
Lean Flank Steak
Grilled Chicken
Pork Carnitas
Cajun Shrimp

Rosemary Sweet Potatoes
Garlic & Herb Potatoes
Organic Quinoa
Cilantro Lime Brown Rice
Basmati Rice
Black Beans

Garlic Broccoli
Ginger Soy Broccoli
Garlic Asparagus
Thyme Mushrooms
Fajita Bell Peppers
Roasted Cauliflower
Nashville Hot Cauliflower
Homestyle Green Beans
Spicy Umami Green Beans
Herb Roasted Brussels
Honey Garlic Brussels
Sauteed Summer Squash

Chicken Tetrazzini 12.75 / 46
Spaghetti Squash "Pasta" Baked with Shredded Chicken, Mushrooms, Red Bell Pepper, Onions, & Turkey Bacon in a Creamy Savory Sauce
GF, Low Carb, High Protein, No Added Sugar
Allergens: Dairy
430C/23F/ 16C/ 41P

Pineapple Chicken Fried Rice 12.50/ 42
Stir Fried Rice with Egg, Red Bell Pepper, Ginger, Scallion, Garlic, Pineapple, Green Peas.
GF, DF, No Added Sugar
Allergens: Soy (GF Tamari), Sesame
550C/ 18F/ 57C/ 36P

LETTUCE EAT SALAD



CRAN BLEU: Organic Greens, Cranberries, Bleu Cheese, Pecans, Apple Cider Vinaigrette	7.5
CLASSIC: Romaine, HB Egg, Sunflower Kernels, Tomato, Carrot Shreds, Cheddar Cheese, Dill Dressing	7.75
	+4
*Add 1/4 lb Chicken to Any Salad	

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Week 1