



MENU

Dec 12 to Dec 19



Call or Text Us!
469-786-5313

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MINCED FAVORITES

Reg / Fam

Creamy Sausage & Red Pepper Soup



House-Made Chicken Italian Sausage, Roasted Red Peppers, GF Protein Noodles, Spinach, Carrots, in a Creamy Broth
630 Cal/ 31F/ 41C/ 39P

9.75 / 35

Low Carb Cheeseburger Bowl



Ground Beef, Shredded Lettuce, Fresh Tomato, Shredded Cheddar, Pickle Slices, Caramelized Red Onion, Bacon, Special Sauce
520Cal/ 37F/ 59C/ 35P

12.5 / 44

Chicken Tikka Masala



Chicken, Cauliflower, Jalapeno, Peas, Simmered in a Spiced Tomato Greek Yogurt Sauce, Served over Basmati with Cilantro
480 Cal/ 13F/ 58C/ 31P

12 / 44

BUILD-YOUR-OWN CUSTOM MEALS

Choice of Protein, Healthy Carb, & Veggie or Choose Low Carb Option



Ground Turkey Taco Meal	11.25
Fajita Chicken Meal	12
Cajun Shrimp Meal	13.25
Flank Steak Meal	13

BULK PROTEINS, 1 LB WEIGHT

Hawaiian Kalua Pork	15.25
Fajita Grilled Chicken Breast	15.25
Lean Flank Steak	19.75
Cajun Shrimp	16.75
Ground Turkey Taco	12.5

BREAKFAST ITEMS

BLT Frittata	10
Chocolate Chip Protein Pancakes	10.25
PB&J Overnight Oats	6



HAND-CRAFTED DRINKS

Turmeric Super Shooter	7.5
Ginger Lime Shooter	7.25
Tart Cherry Clean Hydration	5
Dragon Berry Caffeinated Lemonade	5
Calming Lavender Lemonade	4.5

HEALTHY CARBS- BULK & CUSTOM MEALS

Rosemary Roasted Sweet Potatoes
Garlic Herb Red Potatoes
Brown Rice
Cilantro Lime Brown Rice
Black Beans

VEGGIES- BULK & CUSTOM MEALS

Fajita Peppers
Homestyle Sautéed Green Beans
Garlic Thyme Mushrooms
Sautéed Zucchini
Roasted Brussels

HIGH PROTEIN EXTRAS

Buffalo Chicken Salad 12 oz Bulk	9.5
Chicken Salad Lunch Pack with Almond Flour Crackers	10.75

SMART SNACKING

Pizza Dippers	7.25
3 Large GF Pizza Bites with Turkey Pepperoni, Served with Pizza Sauce	
Chocolate Chip Energy Bites	7.25

