



Macro Meal Sample Menu

Ground Turkey, Squash & Sweet Potato - 1# - 4 servings

Perfectly seasoned, Chef prepared ground Turkey & Roasted Seasonal Squash over Sweet Potato mash (1 pound meal packed single serving)

Chicken Breast with Carrots & Potatoes - 1# - 4 servings

Perfectly seasoned, Chef prepared Chicken Breast, Carrots & Potato (1 pound meal packed single serving)

Ground Turkey, Brussels & Potato - 1# - 4 servings

Perfectly seasoned, Chef prepared ground Turkey & Roasted Brussels Sprouts & Potatoes (1 pound meal packed single serving)

Salmon with Broccoli & Potatoes - 1# - 4 servings

Perfectly seasoned, Chef prepared Salmon with Roasted Broccoli & Potatoes (1 pound meal packed single serving)

Ground Turkey, Squash & Potato - 1# - 4 servings

Perfectly seasoned, Chef prepared ground Turkey & Roasted Seasonal Squash & Potatoes (1 pound meal packed single serving)

Chicken Breast with Carrots & Brown Rice - 1# - 4 servings

Perfectly seasoned, Chef prepared Chicken Breast, Carrots & Brown Rice (1 pound meal packed single serving)