



MENU

Oct 2 to Oct 9
Preorder Deadline
Thursday @ midnight



PREORDER



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469-786-5313



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LUNCHES / DINNERS

Cowboy Mac 11.75

GF Macaroni (Certified Non-GMO, Certified GF, Corn and Rice Noodle) Ground Beef, Tomatoes, Onions, & Green Beans in a Creamy Sauce, Topped with a Sprinkle of Cheddar Cheese **Allergens: Dairy**
580Cal/ 33F/ 41C/ 3Fiber/ 31P

Caribbean Bowl 13.25

Marinated Jerk Chicken Breast with Fluffy Yellow Basmati Rice, Served with Spicy Pickled Ginger Carrots Layered with Corn Tortillas, Monterey, & Queso Fresco

Allergens: Soy (GF Tamari)
540 Cal/ 11Fat/ 66Carb/ 4Fiber/ 44Protein

Stuffed Pepper Skillet 12.25

Homestyle Dish with Scratch-Made Spicy Ground Chicken Italian Sausage, Bell Peppers, Onion, & Basmati Rice, Stewed in a Flavorful Sauce with Herbs & Tomatoes, Topped with Cheddar **Allergens: Milk**
400 Cal/ 15Fat/ 35C/ 3Fiber/ 31Protein

Small
Batch

Tomato Basil Soup (16 oz) 8.5

Rich Tomato Soup Loaded with Loads of Fresh Basil, Organic Cream and Red Pepper Flakes
(2 Servings Per Container) **Allergens: Dairy**
Per Serv: 230 Cal/ 18Fat/ 17C/ 4Fiber/ 4Protein

HIGH PROTEIN EXTRAS & SMALL MEALS

Protein Pesto Pasta Salad (12 oz) 10.5

Pizza Dippers w/ Pizza Sauce 7.75

Rosemary Cran Chicken Salad (12 oz) 10.75

Chicken Breast, Dried Cranberries, Fresh Rosemary, Light Red Onion, Slightly Sweetened Sauce

Rosemary Cran Chicken Salad w/ Almond 10.5

Flour Crackers (Lunch Pack) 15.25

Bulk Hawaiian Kalua Pork, 1 lb

BREAKFAST & GUILT FREE TREATS

Southwest Frittata 10

Breakfast Egg Frittata Made with Black Beans, Tomato, Green Chiles, Monterey Jack, Cilantro, Onion, Queso Fresco

Strawberry Vanilla Pecan Overnight Oats 6.5

Cranberry Orange Protein Overnight Oats 6.5

Chocolate Chip Energy Bites (7 pk) 7.5

Assorted Keto Cheesecakes 6

BUILD-YOUR-OWN CUSTOM MEALS

All Gluten Free & Dairy Free

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

MEAL OPTIONS:

Custom Turkey Taco Meal 11.25

Custom Chicken Meal 11.75

Custom Cajun Shrimp Meal 13.50

Custom Flank Steak Meal 13.95

Vegetarian Meal (1 Carb, 2 Veggies) 10.25

PICK YOUR CARB:

Rosemary Roasted Sweet Potatoes

Roasted Garlic & Herb Red Potatoes

Brown Rice

Basmati Rice

Organic Quinoa

Cilantro Lime Brown Rice

Black Beans

PICK YOUR VEGGIE:

Ginger Soy Roasted Broccoli

Garlic Asparagus

Seasoned Fajita Peppers

~~Nashville Hot Cauliflower~~

Spicy Umami Green Beans

Homestyle Green Beans

Garlic Thyme Mushrooms

Herb Roasted Brussels Sprouts

Sauteed Zucchini

***Proteins, Carbs, & Veggies Also
Available in 1 lb Bulk Containers**

IMMUNE SUPPORT

McKinney Elderberry Syrup (8oz/16 oz) 21/33

McKinney Seasonal Elderberry Syrup (8oz) 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*

Delivery
Now Available in:

Rowlett
Rockwall
Heath
Royse City
Fate
Garland
Sachse

Wylie
Murphy
Sunnyvale
Lavon
Plano (East of 75)
Richardson (East of 75)
Dallas (East of 75)