



## ***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)