



In your box

20 oz. Ground Beef
24 oz. Ground Turkey
24 oz. Boneless Pork Chops
26 oz. Boneless Skinless Chicken
Breasts



Protein Pack

Essential Protein Pack

includes 4 beef burgers, 4 chicken breasts, 4 turkey burgers, and 4 boneless pork chops

NUTRITION per serving—Calories: 514, Carbohydrates: 1g, Fat: 25g, Protein: 66g, Sodium: 394mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

10-20 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



Pork Chop Instructions

- Pat **pork chops** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium heat and cook to a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium heat and cook to a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



Ground Beef Burger Instructions

- To make burgers with **ground beef**, we recommend forming patties about 5" in diameter, and seasoning both sides with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 1 tsp. olive oil, and cook to a minimum internal temperature of 160 degrees, 4-6 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



Ground Turkey Burger Instructions

- To make burgers with **ground turkey**, we recommend forming patties about 5" in diameter, and seasoning both sides with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 1 tsp. olive oil, and cook to a minimum internal temperature of 165 degrees, 6-8 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*