



In your box
28 oz. USDA Choice New York Strip Steak (Serves 2)
13 oz. Boneless Skinless Chicken Breasts
24 oz. Salmon Fillets
12 oz. Filets Mignon



Protein Pack

Premium Protein Pack

includes 2 filets mignon, 2 New York strips, 4 salmon fillets, and 2 chicken breasts

NUTRITION per serving—Calories: 444, Carbohydrates: 0g, Fat: 22g, Protein: 58g, Sodium: 326mg.
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

3 days

Difficulty Level

Easy

Spice Level

Not Spicy



Chicken Breast Instructions

- Pat **chicken** dry. We recommend seasoning both sides with $\frac{1}{4}$ 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.*



Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium heat and add 2 tsp. olive oil. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.



Filets Mignon Instructions

- Pat **filets** dry. We recommend seasoning both sides with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium-high heat and cook to a minimum internal temperature of 145 degrees, 5-8 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



NY Strip Steak Instructions

- Pat **NY strip steak** dry. We recommend seasoning both sides with $\frac{1}{4}$ 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 145 degrees, 9-11 minutes per side.
- Halve strip steak to serve.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*