



**In your box**  
 28 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)  
 24 oz. Filets Mignon  
 12 oz. Sirloin Steaks

Minimum Internal Protein Temperature				
145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	



Protein Pack



## Premium Protein Pack

includes 4 filets mignon, 2 New York strips, and 2 sirloin steaks

NUTRITION per serving—Calories: 355, Carbohydrates: 0g, Sugar: 0g, Fiber: 0g, Protein: 49g, Sodium: 133mg, Fat: 16g, Saturated Fat: 6g  
 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  
**6 days**

Difficulty Level  
**Easy**

Spice Level  
**Not Spicy**

## Before you cook

All cook times are approximate based on testing.



### 1. Sirloin Steak Instructions

- Pat **steaks** 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, 5-7 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



### 2. New York Strip Steak Instructions

- Pat **NY strip steaks** 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 steaks to serve.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



### 3. 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.*