



#### In your box

30 oz. Ground Beef  
24 oz. Filets Mignon  
39 oz. Boneless Skinless Chicken  
Breasts



#### Protein Pack

## Premium Protein Pack

includes 4 filets mignon, 6 chicken breasts, and 30 oz. ground beef

NUTRITION per serving—Calories: 504, Carbohydrates: 1g, Fat: 24g, Protein: 66g, Sodium: 501mg.  
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



### 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.*



### Filets Mignon Instructions

- Pat **filets** 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-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.*