



In your box

52 oz. Boneless Skinless Chicken Breasts
36 oz. Sirloin Steaks
30 oz. Ground Beef



Protein Pack

Essential Protein Pack Plus

includes 8 chicken breasts, 6 sirloin steaks, and 30 oz. ground beef

NUTRITION per serving—Calories: 677, Carbohydrates: 1g, Fat: 35g, Protein: 84g, Sodium: 643mg.
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 $\frac{1}{4}$ 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.*



Sirloin Instructions

- Pat **sirloins** 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.*



Ground Beef Burger Instructions

- To make burgers with **ground beef**, we recommend forming patties about 5" in diameter, and seasoning both sides with $\frac{1}{4}$ 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.*