



**In your box**  
32 oz. Ground Pork  
39 oz. Boneless Skinless Chicken  
Breasts  
20 oz. Ground Beef



Protein Pack

## Essential Protein Pack

includes 6 chicken breasts, 32 oz. ground pork, and 20 oz. ground beef

NUTRITION per serving—Calories: 554, Carbohydrates: 2g, Fat: 32g, Protein: 62g, Sodium: 496mg.  
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.*



### 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.*



### Ground Pork Burger Instructions

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