



In your box
26 oz. Boneless Skinless Chicken Breasts
20 oz. Ground Beef
24 oz. Ground Turkey
16 oz. Italian Pork Sausage Links



Essential Protein Pack

includes 4 chicken breasts, 24 oz. ground turkey, 4 Italian sausages, and 20 oz. ground beef

NUTRITION per serving—Calories: 518, Carbohydrates: 2g, Fat: 29g, Protein: 57g, Sodium: 800mg.
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
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.*



Ground Turkey Burger Instructions

- To make burgers with **ground turkey**, 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 165 degrees, 6-8 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



Italian Sausage Instructions

- Pat **Italian sausage** dry.
- For Italian sausage, we recommend using a large non-stick pan with 2 tsp. olive oil over medium heat and cooking to a minimum internal temperature of 160 degrees, 5-7 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*