



In your box

36 oz. Salmon Fillets
65 oz. Boneless Skinless Chicken Breasts

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Protein Pack



Surf and Turf Pack

includes 6 salmon fillets and 10 chicken breasts

NUTRITION per serving—Calories: 524, Carbohydrates: 2g, Sugar: 0g, Fiber: 0g, Protein: 73g, Sodium: 805mg, Fat: 23g, Saturated Fat: 5g
 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	Cook Within	Difficulty Level	Spice Level
10-20 min.	3 days	Easy	Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 2 tsp. olive oil. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.



2. 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.