



**In your box**  
 30 oz. Ground Beef  
 39 oz. Boneless Skinless Chicken Breasts

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

**Protein Pack**



# Essential Protein Pack

includes 6 chicken breasts and 30 oz. ground beef

NUTRITION per serving—Calories: 382, Carbohydrates: 1g, Sugar: 0g, Fiber: 0g, Protein: 48g, Sodium: 439mg, Fat: 19g, Saturated Fat: 7g  
 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
<b>10-20 min.</b>	<b>5 days</b>	<b>Easy</b>	<b>Not Spicy</b>

## Before you cook

All cook times are approximate based on testing.



### 1. 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.*



### 2. 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.*