



In your box				
24 oz. Filets Mignon				
30 oz. Ahi Tuna Steaks				
Minimum Internal Protein Temperature				
145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Protein Pack



Premium Protein Pack

includes 4 filets mignon and 6 ahi tuna fillets

NUTRITION per serving—Calories: 233, Carbohydrates: 0g, Sugar: 0g, Fiber: 0g, Protein: 44g, Sodium: 101mg, Fat: 5g, Saturated Fat: 3g
 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. Filets Mignon Instructions

- Pat **filets** 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, 5-8 minutes per side. Rest 3 minutes.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



2. Ahi Tuna Instructions

- Pat **ahi tuna** dry. We recommend seasoning both sides with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. olive oil. Add tuna to hot pan and cook until tuna reaches desired doneness, 1-2 minutes per side for medium-rare (some pink in the center). *Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*