



In your box
 52 oz. Boneless Skinless Chicken Breasts
 36 oz. Ranch Steaks
 30 oz. Ground Beef

Minimum Internal Protein Temperature				
145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Protein Pack



Essential Protein Pack Plus

includes 8 chicken breasts, 6 steaks, and 30 oz. ground beef

NUTRITION per serving—Calories: 618, Carbohydrates: 1g, Sugar: 0g, Fiber: 0g, Protein: 84g, Sodium: 653mg, Fat: 28g, Saturated Fat: 10g
 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

Before you cook

All cook times are approximate based on testing.



1. 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.



2. Steak Instructions

- Pat **steaks** 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-high heat and cook to a minimum internal temperature of 145 degrees, 5-7 minutes per side. Rest 3 minutes.
- For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.



3. 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.