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|---|-------------|------|---------------|---------|
| In your box | | | | |
| 39 oz. Boneless Skinless Chicken Breasts | | | | |
| 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

includes 6 chicken breasts and 30 oz. ground beef

NUTRITION per serving—Calories: 384, Carbohydrates: 1g, Sugar: 0g, Fiber: 0g, Protein: 49g, Sodium: 449mg, 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 |
| 10-20 min. | 5 days | Easy | 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 $\frac{1}{4}$ 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.*