



**In your box**  
 36 oz. Ground Turkey  
 16 oz. Italian Pork Sausage Links  
 39 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



## Essential Protein Pack

includes 6 chicken breasts, 36 oz. ground turkey, and 4 Italian sausages

NUTRITION per serving—Calories: 481, Carbohydrates: 3g, Sugar: 0g, Fiber: 0g, Protein: 61g, Sodium: 910mg, Fat: 23g, 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  
**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. Italian Sausage Instructions

- Pat **Italian sausage** dry.
- For Italian sausage, we recommend using a large non-stick pan with 2 tsp. olive oil over medium heat and cooking to a minimum internal temperature of 160 degrees, 5-7 minutes per side.
- For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.



### 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.



### 3. Ground Turkey Burger Instructions

- To make burgers with **ground turkey**, 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 165 degrees, 6-8 minutes per side.
- For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.