



In your box				
26 oz. Boneless Skinless Chicken Breasts				
24 oz. Sirloin Steaks				
Minimum Internal Protein Temperature				
145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Protein Pack



Essential Protein Pack

includes 4 chicken breasts and 4 sirloin steaks

NUTRITION per serving—Calories: 264, Carbohydrates: 1g, Sugar: 0g, Fiber: 0g, Protein: 36g, Sodium: 298mg, Fat: 12g, Saturated Fat: 4g
 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 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. Sirloin Instructions

- Pat **sirloins** 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.*