



In your box

- 39 oz. Boneless Skinless Chicken Breasts
- 28 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 20 oz. Ground Beef

Minimum Internal Protein Temperature

| | | | | |
|-------------|-------------|------|---------------|---------|
| 145° | Steak | Pork | Lamb | Seafood |
| 160° | Ground Beef | | Ground Pork | |
| 165° | Chicken | | Ground Turkey | |

Protein Pack



Classic Protein Pack

includes 2 New York strips, 6 chicken breasts, and 20 oz. ground beef

NUTRITION per serving—Calories: 463, Carbohydrates: 1g, Sugar: 0g, Fiber: 0g, Protein: 64g, Sodium: 483mg, Fat: 20g, 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. New York Strip Steak Instructions

- Pat **NY strip steaks** 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 145 degrees, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- 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. 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.