



# PROTEIN COOKING INSTRUCTIONS

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.

BEEF	NUTRITION			INSTRUCTIONS
<b>Antibiotic-Free Ground Beef</b>	Cal: 720 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 49g Sodium: 190mg Fat: 57g Sat Fat: 22g Trans Fat: 0g	Cholest: 200mg Potas: 760mg Calcium: 50mg Iron: 5.5mg Vit D: 0mcg	To make burgers with <b>ground beef</b> , we recommend forming patties about 5" in diameter, and seasoning both sides with 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.
<b>Filets Mignon</b>	Cal: 480 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 70g Sodium: 210mg Fat: 20g Sat Fat: 8g Trans Fat: 0g	Cholest: 200mg Potas: 0mg Calcium: 50mg Iron: 40mg Vit D: 0mcg	Pat <b>filets</b> dry. We recommend seasoning both sides with 1/4 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, 5-8 minutes per side. Rest, 3 minutes.
<b>Ground Beef</b>	Cal: 610 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 53g Sodium: 190mg Fat: 43g Sat Fat: 16g Trans Fat: 2.5g	Cholest: 195mg Potas: 840mg Calcium: 40mg Iron: 5.9mg Vit D: 0.2mcg	To make burgers with <b>ground beef</b> , we recommend forming patties about 5" in diameter, and seasoning both sides with 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.
<b>Sirloin Steak</b>	Cal: 640 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 70g Sodium: 180mg Fat: 38g Sat Fat: 15g Trans Fat: 0g	Cholest: 245mg Potas: 1090mg Calcium: 80mg Iron: 5.2mg Vit D: 0mcg	Pat <b>sirloin</b> dry. We recommend seasoning both sides with 1/4 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.
<b>Steak Strips</b>	Cal: 510 Carb: 4g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 56g Sodium: 250mg Fat: 30g Sat Fat: 11g Trans Fat: 1.5g	Cholest: 180mg Potas: 1010mg Calcium: 20mg Iron: 7.5mg Vit D: 0.3mcg	Separate <b>steak strips</b> into a single layer and pat dry. We recommend seasoning all over with a pinch of salt and pepper. Use a large non-stick pan with 2 tsp. olive oil over medium-high heat and stir occasionally until steak reaches a minimum internal temperature of 145 degrees, 4-6 minutes. Rest, 3 minutes.
<b>USDA Choice New York Strip Steak</b>	Cal: 620 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 90g Sodium: 230mg Fat: 26g Sat Fat: 9g Trans Fat: 0g	Cholest: 260mg Potas: 1170mg Calcium: 80mg Iron: 5.3mg Vit D: 0mcg	Pat <b>NY strip steak</b> dry. We recommend seasoning both sides with 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 strip steak to serve.
<b>USDA Choice Boneless Ribeye Steak</b>	Cal: 730 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 91g Sodium: 290mg Fat: 38g Sat Fat: 15g Trans Fat: 0g	Cholest: 270mg Potas: 1690mg Calcium: 50mg Iron: 9.9mg Vit D: 0mcg	Pat <b>ribeye</b> dry. We recommend seasoning both sides with 1/4 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, 4-6 minutes per side. Rest, 3 minutes. Halve ribeye to serve.
<b>USDA Choice Sliced Flank Steak</b>	Cal: 420 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 62g Sodium: 160mg Fat: 18g Sat Fat: 7g Trans Fat: 0g	Cholest: 195mg Potas: 0mg Calcium: 80mg Iron: 4.6mg Vit D: 0mcg	Separate <b>flank steak</b> into a single layer and pat dry. We recommend seasoning all over with a pinch of salt and pepper. Use a large non-stick pan with 2 tsp. olive oil over medium-high heat and stir occasionally until steak reaches a minimum internal temperature of 145 degrees, 4-6 minutes. Rest, 3 minutes.
POULTRY	NUTRITION			INSTRUCTIONS
<b>Antibiotic-Free Boneless Skinless Chicken Breasts</b>	Cal: 330 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 77g Sodium: 220mg Fat: 3g Sat Fat: 1g Trans Fat: 0g	Cholest: 250mg Potas: 0mg Calcium: 20mg Iron: 1.3mg Vit D: 0mcg	Pat <b>chicken</b> dry. We recommend seasoning both sides with 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.
<b>Boneless Skinless Chicken Breasts</b>	Cal: 410 Carb: 3g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 75g Sodium: 1010mg Fat: 9g Sat Fat: 2g Trans Fat: 0g	Cholest: 245mg Potas: 1120mg Calcium: 20mg Iron: 1.3mg Vit D: 0mcg	Pat <b>chicken</b> dry. We recommend seasoning both sides with 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.
<b>Ground Turkey</b>	Cal: 460 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 69g Sodium: 280mg Fat: 24g Sat Fat: 9g Trans Fat: 0g	Cholest: 245mg Potas: 80mg Calcium: 40mg Iron: 4.4mg Vit D: 0mcg	To make burgers with <b>ground turkey</b> , we recommend forming patties about 5" in diameter, and seasoning both sides with 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.
<b>Organic Boneless Skinless Chicken Breasts</b>	Cal: 470 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 88g Sodium: 180mg Fat: 10g Sat Fat: 1.5g Trans Fat: 0g	Cholest: 285mg Potas: 0mg Calcium: 0mg Iron: 1.3mg Vit D: 0mcg	Pat <b>chicken</b> dry. We recommend seasoning both sides with 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.

## PORK

## NUTRITION

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### Boneless Pork Chops

Cal: 530  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 73g  
Sodium: 160mg  
Fat: 24g  
Sat Fat: 8g  
Trans Fat: 0g  
Cholest: 230mg  
Potas: 1270mg  
Calcium: 20mg  
Iron: 1.7mg  
Vit D: 1.6mcg

Pat **pork chops** dry. We recommend seasoning both sides with a pinch of salt and 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, 5-7 minutes per side. Rest, 3 minutes.

### Duroc Boneless Pork Chops

Cal: 480  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 91g  
Sodium: 250mg  
Fat: 10g  
Sat Fat: 3.5g  
Trans Fat: 0g  
Cholest: 250mg  
Potas: 1400mg  
Calcium: 40mg  
Iron: 2.2mg  
Vit D: 1.5mcg

Pat **pork chops** dry. We recommend seasoning both sides with a pinch of salt and 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, 5-7 minutes per side. Rest, 3 minutes.

### Ground Pork

Cal: 620  
Carb: 1g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 51g  
Sodium: 190mg  
Fat: 45g  
Sat Fat: 14g  
Trans Fat: 0.5g  
Cholest: 195mg  
Potas: 690mg  
Calcium: 40mg  
Iron: 2.5mg  
Vit D: 1.2mcg

To make burgers with **ground pork**, we recommend forming patties about 4" in diameter, and seasoning both sides with 1/4 tsp. salt and a pinch of pepper. Use a medium non-stick pan over medium-high heat with 1 tsp. olive oil, and cook to a minimum internal temperature of 160 degrees, 5-6 minutes per side.

### Italian Pork Sausage

Cal: 480  
Carb: 5g  
Fiber: 0g  
Sugar: 2g  
Added Sugar: 2g  
Protein: 38g  
Sodium: 1520mg  
Fat: 34g  
Sat Fat: 10g  
Trans Fat: 0g  
Cholest: 140mg  
Potas: 590mg  
Calcium: 70mg  
Iron: 2.7mg  
Vit D: 0.9mcg

For **Italian sausage**, we recommend using a large non-stick pan with 1 tsp. olive oil over medium heat and breaking up sausage until no pink remains and it reaches a minimum internal temperature of 160 degrees, 5-7 minutes.

### Prosciutto

Cal: 198  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 26g  
Sodium: 1743mg  
Fat: 11g  
Sat Fat: 4g  
Trans Fat: 0g  
Cholest: 48mg  
Potas: 409mg  
Calcium: 15mg  
Iron: 1mg  
Vit D: 0mcg

How to Crisp: Line a plate with a paper towel. Remove **prosciutto** from refrigerator. Place a large non-stick pan over medium heat and add 1 tsp. olive oil. Working in batches, add prosciutto to hot pan in a single layer. Cook until crispy, 1-2 minutes and it reaches a minimum internal temperature of 145 degrees. Rest, 3 minutes. Transfer prosciutto to towel-lined plate. When cool enough to handle, break into bite-sized pieces.

### Sliced Pork

Cal: 540  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 75g  
Sodium: 170mg  
Fat: 24g  
Sat Fat: 9g  
Trans Fat: 0g  
Cholest: 220mg  
Potas: 0mg  
Calcium: 0mg  
Iron: 1.2mg  
Vit D: 0mcg

Separate **sliced pork** into a single layer and pat dry. We recommend seasoning all over with a pinch of salt and pepper. Use a large non-stick pan with 2 tsp. olive oil over medium-high heat and stir occasionally until pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes. Rest, 3 minutes.

## SEAFOOD

## NUTRITION

## INSTRUCTIONS

### Ahi Tuna Steaks

Cal: 300  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 70g  
Sodium: 130mg  
Fat: 1g  
Sat Fat: 3g  
Trans Fat: 0g  
Cholest: 110mg  
Potas: 0mg  
Calcium: 0mg  
Iron: 1.1mg  
Vit D: 0mcg

Pat **ahi tuna** dry. We recommend seasoning both sides with 1/4 tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium-high heat and add 1 tsp. olive oil. Add tuna to hot pan and cook until tuna reaches a minimum internal temperature of 145 degrees, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*

### Mahi-Mahi Fillets

Cal: 290  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 63g  
Sodium: 300mg  
Fat: 2g  
Sat Fat: 0.5g  
Trans Fat: 0g  
Cholest: 250mg  
Potas: 1420mg  
Calcium: 50mg  
Iron: 3.9mg  
Vit D: 0mcg

Pat **mahi-mahi** dry and halve. We recommend seasoning both sides with 1/4 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, 3-5 minutes per side.

### Salmon Fillets

Cal: 710  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 69g  
Sodium: 460mg  
Fat: 46g  
Sat Fat: 10g  
Trans Fat: 0g  
Cholest: 190mg  
Potas: 1230mg  
Calcium: 30mg  
Iron: 1.2mg  
Vit D: 37.4mcg

Pat **salmon** dry. We recommend seasoning flesh side with 1/4 tsp. salt and a pinch of pepper. Use a large non-stick pan over medium heat with 2 tsp. olive oil. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.

### Scallops

Cal: 160  
Carb: 8g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 28g  
Sodium: 880mg  
Fat: 1g  
Sat Fat: 0g  
Trans Fat: 0g  
Cholest: 50mg  
Potas: 0mg  
Calcium: 0mg  
Iron: 0.7mg  
Vit D: 0mcg

Pat **scallops** dry. We recommend seasoning both sides with 1/4 tsp. salt and a pinch of pepper. Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add scallops to hot pan and cook to a minimum internal temperature of 145 degrees, 1-2 minutes per side.

### Shrimp

Cal: 160  
Carb: 2g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 31g  
Sodium: 1280mg  
Fat: 2g  
Sat Fat: 0.5g  
Trans Fat: 0g  
Cholest: 285mg  
Potas: 260mg  
Calcium: 120mg  
Iron: 0.5mg  
Vit D: 0.2mcg

Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper. Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.

### Tilapia Fillets

Cal: 300  
Carb: 0g  
Fiber: 0g  
Sugar: 0g  
Added Sugar: 0g  
Protein: 63g  
Sodium: 160mg  
Fat: 5g  
Sat Fat: 2g  
Trans Fat: 0g  
Cholest: 155mg  
Potas: 940mg  
Calcium: 30mg  
Iron: 1.8mg  
Vit D: 9.7mcg

Pat **tilapia** dry. We recommend seasoning both sides with 1/4 tsp. salt and a pinch of pepper. Place a large non-stick pan over medium heat and add 2 tsp. olive oil. Add tilapia to hot pan and cook until fish reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.