



# 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>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>Diced Chicken Thighs</b>	Cal: 438 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 77g Sodium: 329mg Fat: 14g Sat Fat: 3g Trans Fat: 0g	Cholest: 301mg Potas: 0mg Calcium: 1mg Iron: 4mg 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 medium non-stick pan with 2 tsp. olive oil over medium heat and stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
<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>Diced Chicken</b>	Cal: 244 Carb: 2g Fiber: 0g Sugar: 2g Added Sugar: 2g	Protein: 44g Sodium: 809mg Fat: 5g Sat Fat: 1g Trans Fat: 0g	Cholest: 140mg Potas: 871mg Calcium: 13mg Iron: 1mg Vit D: 0mcg	Pat <b>diced chicken</b> dry. We recommend seasoning all over with a pinch of salt and pepper. Use a medium non-stick pan with 2 tsp. olive oil over medium heat and stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.

## PLANT BASED NUTRITION INSTRUCTIONS

<b>Impossible Burger</b>	Cal: 710 Carb: 27g Fiber: 7g Sugar: 3g Added Sugar: 3g	Protein: 58g Sodium: 1120mg Fat: 41g Sat Fat: 24g Trans Fat: 0g	Cholest: 0mg Potas: 1840mg Calcium: 510mg Iron: 12.6mg Vit D: 0mcg	If using <b>Impossible burger</b> , we recommend using a large non-stick pan with 1 tsp. olive oil over medium heat and breaking up burger until heated through, 4-5 minutes.
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PORK		NUTRITION		INSTRUCTIONS	
<b>Boneless Pork Chops</b>	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 <b>pork chops</b> 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.	
<b>Pork Medallions</b>	Cal: 371 Carb: 0g Fiber: 0g Sugar: 0g Added Sugar: 0g	Protein: 71g Sodium: 180mg Fat: 7g Sat Fat: 2g Trans Fat: 0g	Cholest: 221mg Potas: 1357mg Calcium: 17mg Iron: 3mg Vit D: 1mcg	Pat medallions dry. We recommend seasoning all over with a pinch of salt and pepper. Use a medium non-stick pan with 2 tsp. olive oil over medium heat and cook to a minimum internal temperature of 145 degrees, 3-5 minutes per side. Rest, 3 minutes. (Medallion thickness can vary; if you receive a thinner medallion, we recommend checking for doneness sooner.)	
<b>Ground Pork</b>	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 <b>ground pork</b> , 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.	
<b>Italian Pork Sausage</b>	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 <b>Italian sausage</b> , 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.	
<b>Prosciutto</b>	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 <b>prosciutto</b> 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 per side. Transfer prosciutto to towel-lined plate. When cool enough to handle, break into bite-sized pieces.	
<b>Sliced Pork</b>	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 <b>sliced pork</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 pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes. Rest, 3 minutes.	

SEAFOOD		NUTRITION		INSTRUCTIONS	
<b>Ahi Tuna Steaks</b>	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 <b>ahi tuna</b> 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. <i>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.</i>	
<b>Mahi-Mahi Fillets</b>	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 <b>mahi-mahi</b> 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.	
<b>Salmon Fillets</b>	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 <b>salmon</b> 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.	
<b>Scallops</b>	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 <b>scallops</b> 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.	
<b>Shrimp</b>	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 <b>shrimp</b> 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.	
<b>Tilapia Fillets</b>	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 <b>tilapia</b> 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.	