



In your box

- 2 oz. Shredded White Cheddar Cheese
- 1 oz. Apple Butter
- 1 Granny Smith Apple
- 3 oz. Balsamic Vinaigrette
- 5 oz. Power 4 Salad Blend
- ½ oz. Dried Cranberries
- 1 oz. Pepitas

Customize It Options

- 12 oz. Fully Cooked Roasted Chicken Breast
 - 8 oz. Shrimp
 - 12 oz. Salmon Fillets
- *Contains: milk, fish (salmon), shellfish (shrimp)

Make the Salad

- Thoroughly rinse produce and pat dry. Quarter apple and remove core. Cut into ½" dice. Place apple butter in a microwave-safe bowl. Microwave until slightly warm, 20-30 seconds. Combine apple butter with balsamic vinaigrette. Place salad blend, apple, and half the cheese in a bowl and toss with vinaigrette. Garnish with cranberries, remaining cheese, and pepitas. Bon appétit!

Customize It Instructions

- If using shrimp, pat dry and season with a pinch of salt and pepper. Heat 1 tsp. olive oil in a large non-stick pan over medium-high heat. 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..
- If using salmon, pat dry and season flesh side with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 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. Flake at the end.
- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes.



Entrée Salads

Spinach and Arugula Salad with Apple Vinaigrette

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 443, Carbohydrates: 34g, Fat: 28g, Protein: 14g, Sodium: 675mg.
 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.

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| Prep & Cook Time | Cook Within | Difficulty Level | Spice Level |
| 5-10 min. | 5 days | Easy | Not Spicy |