



#### In your box

- 12 oz. Mahi-Mahi Fillets
- 32 oz. USDA Choice Boneless Ribeye Steak (Serves 2)
- 24 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: fish (salmon, tilapia)



## Premium Protein Pack

includes 2 ribeyes, 4 salmon fillets, 3 mahi-mahi fillets, and 2 antibiotic-free chicken breasts

NUTRITION per serving—Calories: 402, Carbohydrates: 0g, Fat: 19g, Protein: 57g, Sodium: 277mg.

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

3 days

Difficulty Level

Easy

Spice Level

Not Spicy



### Chicken Breast 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.*



### Mahi-Mahi Instructions

- Pat **mahi-mahi** 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-high heat and cook to a minimum internal temperature of 145 degrees, 3-5 minutes per side.



### Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with  $\frac{1}{4}$  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.



### Ribeye Instructions

- Pat **ribeye** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 2 tsp. olive oil. Add ribeye to hot pan and sear until golden brown and ribeye reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Halve to serve.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*