



In your box

28 oz. USDA Choice New York Strip
Steak (Serves 2)
24 oz. Filets Mignon
24 oz. Sirloin Steaks



Premium Protein Pack

includes 4 filets mignon, 2 New York strips, and 4 sirloin steaks

NUTRITION per serving—Calories: 379, Carbohydrates: 0g, Fat: 15g, Protein: 58g, Sodium: 156mg.

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



1

Sirloin Steak Instructions

- Pat **steak** dry. We recommend seasoning both sides with ¼ 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.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



2

New York Strip Instructions

- Pat **NY strip steak** dry. We recommend seasoning both sides with ¼ 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.
- Halve strip steaks to serve.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



3

Filets Mignon Instructions

- Pat **filets** dry. We recommend seasoning both sides with ¼ 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.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*