



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Quarter apple and remove core. Cut apple into 1/4" slices. Combine spinach and apple with vinaigrette. Garnish with almonds and goat cheese (crumbling with your hands if needed). Bon appétit!

Customize It Instructions

- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes. Serve on salad
- If using steak strips, remove from packaging and microwave until warm, 1-2 minutes. Serve on salad
- If using chicken, pat dry and cut into 1" dice. Season with 1/4 tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium-high heat and add 2 tsp. olive oil. Add chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes. Serve on salad.

In your box

- 1/2 oz. Sliced Almonds
- 1 Fuji Apple
- 3 oz. Balsamic Vinaigrette
- 2 oz. Goat Cheese
- 5 oz. Baby Spinach

Customize It Options

- 12 oz. Fully Cooked Beef Steak Strips—Double Portion
- 12 oz. Fully Cooked Roasted Chicken Breast—Double Portion
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy, tree nuts (almonds)



Entrée Salads

Apple and Goat Cheese Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 317, Carbohydrates: 21g, Fat: 22g, Protein: 8g, Sodium: 650mg.

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

5 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Not Spicy