



**In your box**  
12 oz. Filets Mignon  
28 oz. USDA Choice New York Strip  
Steak (Serves 2)  
24 oz. Salmon Fillets  
13 oz. Boneless Skinless Chicken  
Breasts  
\*Contains: fish (salmon)



## Premium Protein Pack

includes 2 filets mignon, 2 New York strips, 4 salmon fillets, and 2 chicken breasts

NUTRITION per serving—Calories: 408, Carbohydrates: 0g, Fat: 19g, Protein: 57g, Sodium: 349mg.  
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.*



### Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium heat and add 2 tsp. olive oil. Add 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.



### Filet Mignon Instructions

- Pat **steaks** 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, 5-8 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



### NY Strip Steak Instructions

- Pat **NY strip steak** 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 145 degrees, 7-10 minutes per side.
- Halve strip steak to serve.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*