



SPLENDISHES DINNERS DONE!

Freezer Meal Program

These meals come as kits that you cook yourself.

Most meals take less than 30 minutes to prepare.

~MENU 6~

One - Two Pot/Pan Meals

#1 Farmers Market Chicken (GF/LC)

seasoned chicken and fresh veggies

#2 Pineapple Grilled Chicken Kabobs (GF)

Marinated chicken and pineapple ready to skewer and grill

#3 Chicken Frances (GF/LC)

Seasoned chicken, lemon/white sauce, veggies

#4 Beef Stroganoff (GF)

Seasoned beef w/caramelized onions, mushrooms and veggies

#5 Chinese Green Beans & Turkey (GF)

Seasoned ground turkey, green beans, stir fry sauce

#6 Pork Chop w/ Raspberry Sauce (GF/LC)

Seasoned pork chops w/ house made raspberry sauce and veggies

#7 Bourbon Chicken (GF/LC)

Seasoned chicken with house made bourbon sauce, served over rice

Crock Pot & Insta Pot Options

#8 Cuban Mojo Pork (GF/LC)

Marinated pork ready for slow cooker

#9 French Dip Beef (GF/LC)

Seasoned beef with sauce

#10 Meatball Tortellini Soup

Meatballs and cheese tortellini with italian seasoning

Fresh Proteins (no antibiotics)-Fresh Seasonal Vegetables-House Made Sauces

Gluten Free (GF) Options-Low Carb (LC) Options ~No Preservatives or MSG