



SPLENDISHES DINNERS DONE!

Freezer Meal Program

MENU 3

One-Two Pot/Pan Meals

#1 Chicken Francese (GF/LC)

Seasoned chicken, lemon/white wine sauce, veggies

#2 Chicken Marsala (GF/LC)

Seasoned chicken, marsala sauce, mushrooms, veggies

#3 One-Pot Spinach Artichoke Chicken (GF)

Seasoned chicken, sauce, artichokes/spinach

#4 Broccoli Bacon Ranch Chicken (GF/LC)

Seasoned chicken, ranch mix, cheese/bacon, veggies

#5 Chinese Green Beans & Turkey (GF)

Seasoned ground turkey, green beans, stir fry sauce

#6 Mongolian Beef (GF)

Seasoned beef, sauce, veggies

#7 Cajun Butter Steak Bites (GF/LC)

Seasoned beef, veggies

#8 Peach BBQ Pork Chops (GF/LC)

Seasoned pork chops, BBQ sauce/peaches, veggies

Crock Pot & Instant Pot

#9 Cilantro Lime Chicken (GF/LC)

Marinated chicken thighs ready for the slow cooker

#10 Cuban Mojo Pork (GF/LC)

Marinated pork ready for the slow cooker

Fresh Proteins (no antibiotics) ~ Fresh Seasonal Vegetables ~ House Made Sauces
Gluten Free (GF) Options ~ Low Carb (LC) Options ~ NO Preservatives