



WHOLESOME AND CHEF CRAFTED Meal Subscriptions



WEEK 1 MEAL CHOICES

- Chicken Drumsticks
- Chicken and Gravy with Rice
- Chicken Fried Steak
- Fiesta Bowl
- Chicken Alfredo
- Pork Chops
- Pork Stir Fry
- Swedish Meatballs
- Shepard's Pie
- Texas Chili and Cornbread
- Roasted Salmon
- Chicken Pesto Flat Bread
- Chicken Salad Croissant
- Broccoli Cheddar Soup
- Chicken Quesadilla
- Ham and Cheese Croissant with Fruit



WEEK 2 MEAL CHOICES

- King Ranch Chicken
- Rosemary Chicken with Rice and Vegetables
- Panko Chicken with Potatoes and Vegetables
- Chicken Fajitas
- Chicken Parmesan
- Sausage Penne
- Lasagna
- Fish Tacos with Slaw
- Meatloaf, Potatoes, and Broccoli
- Jambalaya
- BBQ Chicken Flat Bread with Salad
- Spring Salad with Chicken
- Yogurt Parfait with Muffin
- Strawberry Smoothie



WEEK 3 MEAL CHOICES

- Chicken Pot Pie
- Chicken Teriyaki
- Chicken Stir Fry
- Chicken Cacciatori
- Mango Chicken
- Chicken Spaghetti
- Pork Roast with Carrots
- Sausage Stir Fry
- Beef Stroganoff
- Stuffed Bell Peppers
- Baked Trout
- BBQ Chicken Sliders
- Loaded Potato Soup
- Southwest Chicken Salad
- Chef's Salad
- Chicken Quesadilla
- Strawberry Smoothie



WEEK 4 MEAL CHOICES

- Boneless Wings
- Orange Chicken
- Tuscan Chicken
- Baked Spaghetti
- Pasta Primavera
- Ravioli
- Sliced Ham
- Red Beans and Rice
- Sausage and Chicken Gumbo
- Salsbury Steak
- Beef Enchiladas
- Sweet Sriracha Meatballs
- Cajun Shrimp Alfredo
- Ham and Cheese Croissant
- Turkey Sub with Fruit
- Quiche with Fruit
- Beef Quesadilla