



the famealia kit menu

OPTION 1: STIR FRY

Broccoli, Bell Pepper, Carrot, Onion, Garlic, Coconut Amino, Sesame Oil, Salt, Pepper, Olive Oil

Choice of Protein: Chicken, Beef (Steak), Shrimp

Choice of Carbohydrate: Brown Rice, Quinoa, Cauli Rice, Diced Potatoes

OPTION 2: SPAGHETTI BOLOGNESE

Tomato Sauce, Spinach, Onion, Garlic, Tomato Paste, Basil, Oregano, Salt, Pepper, Olive Oil

Choice of Protein: Ground Beef, Ground Turkey, Shrimp

Choice of Carbohydrate: Whole Wheat Noodles, Gluten-Free Noodles, Spaghetti Squash

OPTION 3: MEATLOAF WITH BROCCOLI

Bell Pepper, Carrot, Onion, Almond Flour, Egg, Tomato Paste, Salt, Pepper

Choice of Protein: Ground Beef, Ground Turkey

Choice of Carbohydrate: Brown Rice, Quinoa, Cauli Rice, Diced Potatoes

OPTION 4: FIESTA PLATE WITH ZUCCHINI

Apple Cider Vinegar, Coconut Amino, Zucchini, Garlic, Salt, Pepper, Olive Oil

Choice of Protein: Chicken, Beef (Steak), Salmon Fillet

Choice of Carbohydrate: Red Brown Rice, Red Quinoa, Red Cauli Rice, Diced Red Potato

OPTION 5: ITALIAN BAKED DINNER WITH COLE SLAW

Cabbage, Carrot, Celery, Mayo, Almond Milk, Honey, Lemon, Garlic, Salt, Pepper, Thyme, Oregano, Basil, Olive Oil

Choice of Protein: Chicken, Beef (Steak), Salmon Fillet

Choice of Carbohydrate: Brown Rice, Quinoa, Cauli Rice, Diced Potato