



Clean Eatz Menu Item Descriptions

Clean Box 30

- **(5) Chicken Bacon Ranch - (Cal 397 F 13g/C 27g/P 43g)**
 - Chicken, bacon and broccoli in ranch with a side of red potatoes
- **(5) Cilantro Lime Steak - (Cal 324 F 12g/C 30g/P 24g)**
 - Marinated grilled steak with a sweet potato medley
- **(5) Enchilada Verde - (Cal 403 F 10g/C 36g/P 42g)**
 - An open-faced chicken enchilada with beans, rice, and veggies smothered in a creamy salsa verde
- **(5) Santa Fe Chicken - (Cal 443 F 7/C 46g/P 49g)**
 - Chicken with a black bean and corn salsa over brown rice
- **(5) Steak Alfredo - (Cal 431 F 15/C 44g/P 30g)**
 - Shredded steak, spinach and mushrooms in an alfredo sauce over pasta with a sprinkle of bleu cheese
- **(5) Steakhouse Bowl - (Cal 391 F 23g/C 24g/P 22g)**
 - Beef in A1 sauce with crispy onion straws, a sprinkle of swiss cheese and side of potatoes

Clean Box 31

- **(5) The Arnold Steak Bowl (Cal 390 F 14g/C 38g/P 28g)**
 - Steak, green peppers and mushrooms over brown rice with mozzarella cheese and Clean Eatz Buffalo Sauce
- **(5) Beef Bolognese - (Cal 410 F 18g/C 32g/P 30g)**
 - Ground beef in marinara with vegetables over fettucini pasta
- **(5) Chicken Scampi - (Cal 376 F 8g/C 38g/P 38g)**
 - Chicken, asparagus, spinach and tomatoes in a creamy scampi sauce over orzo
- **(5) Hibachi Chicken - (Cal 376 F 8g/C 38g/P 38g)**
 - Baked chicken with onions and zucchini in Yum Yum Sauce over brown rice
- **(5) Prime Rib - (Cal 353 F 9g/C 42g/P 26g)**
 - Sliced prime rib with garlic mashed red potatoes
- **(5) Sweet N' Sour Chicken - (Cal 290 F 6g/C 37g/P 22g)**
 - Breaded chicken tossed in sweet n' sour sauce with a side of broccoli

Arnold Steak Bowl Box

- **(30) The Arnold Steak Bowl - (Cal 390 F 14g/C 38g/P 28g)**
 - Steak, green peppers and mushrooms over brown rice with mozzarella cheese and Clean Eatz Buffalo Sauce

Breakfast Box

- **(10) Homestyle Egg Bowl - (Cal 286 F 10g/C 23g/P 29g)**
 - Eggs, bourbon bacon, and potatoes with a light gravy and sprinkle of cheese
- **(10) Sausage Egg Biscuit - (Cal 439 F 23g/C 38g/P 20g)**
 - Turkey sausage and a fried egg on a cheddar biscuit served with a side of blueberries
- **(10) Steak & Eggs - (Cal 270 F 6g/C 21g/P 32g)**
 - Scrambled eggs with shredded beef and hash browns

Keto Box

- **(5) Keto A1 Steak Bowl - (Cal 410 F 30g/C 13g/P 22g)**
 - Shredded beef, peppers and onions in steak sauce over green beans
- **(5) Keto Cauliflower Fried Rice - (Cal 473 F 25g/C 19g/P 43g)**
 - Chicken, egg, and carrot in a stir-fry sauce over cauliflower rice
- **(5) Keto Chicken Lasagna (Cal 400 F 24g/C 11g/P 35g)**
 - Chicken breast with ricotta, marinara, and mozzarella over green beans
- **(5) Keto Meatlovers Pizza - (Cal 319 F 17g/C 16g/P 26g)**
 - Ground beef, bacon and pepperoni in pizza sauce over cauliflower rice with a sprinkle of mozzarella cheese
- **(5) Keto Pesto Chicken - (Cal 361 F 25g/C 10g/P 24g)**
 - Chicken in a kale pesto sauce with sun-dried tomatoes, broccoli, and parmesan
- **(5) Keto Swedish Meatballs - (Cal 370 F 26g/C 13g/P 21g)**
 - Meatballs in a cream sauce with cauliflower rice and green beans

Each case contains 30 individually-packaged meals that are packed with dry ice. The case will weigh about 25lbs upon arrival. Immediately place meals in the freezer.

