



## Clean EatZ Kitchen September Menu Item Descriptions

### Clean Box 42

**(5) Chicken Adobo - (Cal 409 F 9g/C 40g/P 42g)**

Chicken, corn and peppers in an adobo sauce over brown rice

**(5) Grilled Chicken w/ Street Corn - (Cal 359 F 7/C 46g/P 28g)**

Grilled chicken with creamy corn and cotija cheese over red potato chunks

**(5) Poblano Chicken Chili - (Cal 353 F 5g/C 44g/P 33g)**

Sweet and spicy chicken chili served over sweet potato chunks

**(5) Mandarin Orange Chicken - (Cal 390 F 6g/C 63g/P 21g)**

Popcorn chicken tossed in mandarin orange sauce with broccoli and carrots over brown rice

**(5) Queso Beef Bowl - (Cal 383 F 19/C 27g/P 26g)**

Ground beef in spicy queso with peppers and onions over chunked sweet potatoes

**(5) Sloppy Joe Sweet Potato - (Cal 353 F 10g/C 42g/P 20g)**

Ground beef sloppy joe served over sweet potato chunks

### Clean Box 43

**(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 Tater Tot Casserole - (Cal 377 F 13g/C 30g/P 35g)**

Sweet potato tater tots loaded with beef, black beans, tomatoes and cheese

**(5) Brisket w/ Spicy Mac & Cheese - (Cal 466 F 22g/C 40g/P 27g)**

Slow-smoked beef brisket with a spicy mac & cheese

**(5) Enchilada Lasagna - (Cal 416 F 12g/C 41g/P 36g)**

Chicken tossed in enchilada sauce with ricotta and monterey cheeses over whole wheat pasta

**(5) Jenna's Steak Pita Popper - (Cal 509 F 25g/C 44g/P 27g)**

Shredded beef in a spicy jalapeno sauce with fried pickles, green onions, and cheese in a pitas

**(5) Mashed Potato Bowl - (Cal 339 F 7g/C 31g/P 38g)**

Baked chicken with corn and monterey jack cheese in a light gravy over mashed potatoes

## 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 348 F 20g/C 26g/P 16g)

Eggs, bourbon bacon, and potatoes with a light gravy and sprinkle of cheese

### (10) Loaded Hash Brown Bowl - (Cal 444 F 24g/C 32g/P 25g)

Egg omelette served with hash browns with bacon, cheese, peppers and onions

### (10) Steak & Eggs - (Cal 270 F 6g/C 21g/P 32g)

Scrambled eggs with shredded beef and hash browns

## Keto Box

### (5) K A1 Beef - (Cal 410 F 30g/C 13g/P 22g)

Shredded steak in A1 sauce with peppers and onions over olive oil green beans

### (5) K Blooming Onion Chicken - (Cal 361 F 25g/C 10g/P 24g)

Creamy chicken over green beans with crispy onion straws

### (5) K Boom Boom Chicken - (Cal 389 F 25g/C 11g/P 30g)

Chicken in a creamy, zesty sauce with bacon over cauliflower rice mac & cheese

### (5) K Cheesy Beef Taco - (Cal 371 F 21g/C 7g/P 25g)

Ground beef in a creamy cheese sauce over broccoli with pico de gallo

### (5) K Chicken Bacon Alfredo - (Cal 356 F 20g/C 12g/P 32g)

Chicken and bacon bits in alfredo sauce over broccoli florets

### (5) K Meatloaf - (Cal 304 F 20g/C 10g/P 21g)

Beef meatloaf served over cheesy cauliflower rice and green beans with bacon bits and crispy onions

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.

