



Clean EatZ Kitchen January Menu Item Descriptions (12/28/2022)

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.
<https://www.cleaneatzkitchen.com/collections/wholesale>

Clean Box A (CBA)

(5) Big Mack Bowl - (Cal 500 F 25g/C 45g/P 23g)

Ground beef in thousand island with tomatoes, onions, and cheese over brown rice

(5) Bourbon Chicken Mac & Cheese - (Cal 360 F 5g/C 50g/P 30g)

Chicken in a sweet bourbon glaze with a side of mac and cheese

(5) Chicken Mash Potato Bowl - (Cal 340 F 7g/C 31g/P 38g)

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

(5) Cowboy Shepherds Pie - (Cal 350 F 11g/C 35g/P 27g)

Shredded beef over mashed potatoes with corn, onion straws, cheese and bbq sauce

(5) Everything but the Bun Burger - (Cal 440 F 25g/C 32g/P 21g)

Ground beef in cheese sauce with pickles, tomatoes, and onions over waffle fries

(5) Hawaiian Chicken Bowl - (Cal 370 F 10g/C 37g/P 33g)

Chicken in bbq sauce with a pineapple salsa over brown rice

Clean Box B (CBB)

(5) Epic Honey Mustard Chicken - (Cal 410 F 14g/C 35g/P 36g)

Chicken in honey mustard with broccoli, bacon bits, and cheese over mashed potatoes

(5) Meat N' Taterz - (Cal 420 F 20g/C 26g/P 33g)

Shredded beef over creamy, cheesy potatoes

(5) Poblano Popper Chicken - (Cal 340 F 8g/C 36g/P 30g)

Chicken and bacon in a creamy, spicy sauce with brussels and red potatoes

(5) Popcorn Chicken Parm - (Cal 450 F 15g/C 48g/P 31g)

Breaded chicken parm over penne pasta with broccoli

(5) Sloppy Joe Sweet Potato - (Cal 330 F 12g/C 28g/P 28g)

Sloppy joe with shredded cheese over sweet potatoes

(5) Sweet Chili Chicken Bowl - (Cal 410 F 6g/C 57g/P 31g)

Chicken in a sweet chili glaze with roasted veggies over brown rice with mozzarella cheese



Breakfast Box (BB)

(10) Beef & Eggs - (Cal 381 F 17g/C 26g/P 31g)

Scrambled eggs with shredded beef and diced potatoes

(10) Chipotle Breakfast Bowl - (Cal 440 F 26g/C 24g/P 27)

Scrambled eggs, turkey sausage, and potatoes with a chipotle sauce drizzle

(10) Pepper Jack Beef Breakfast Bowl - (Cal 320 F 16g/C 20g/P 24)

Veggie omelette with shredded beef, peppers, onions, potatoes and pepper jack cheese

Keto Box (KB)

(5) Keto Cheesy Beef Taco - (Cal 317 F 21g/C 7g/P 25g)

Ground beef in enchilada sauce over cauliflower rice with shredded cheese

(5) Keto Chicken Lasagna - (Cal 400 F 24g/C 11g/P 35g)

Chicken in marinara with ricotta and mozzarella cheese over green beans

(5) Keto Crack Chicken - (Cal 449 F 25g/C 12g/P 44g)

Chicken in a creamy, cheesy sauce with bacon over broccoli florets.

(5) Keto Meatlovers Pizza - (Cal 319 F 17g/C 16g/P 26g)

Ground beef, sausage, pepperoni and bacon in tomato sauce with cheese over broccoli

(5) Keto Nacho Chicken - (Cal 320 F 15g/C 15g/P 36g)

Diced chicken breast with cheese and salsa over cauliflower rice

(5) Keto Pad Thai - (Cal 404 F 20g/C 15g/P 41g)

Chicken in a Thai peanut sauce over asian veggies

Extra Protein Box (XP/XL) - EXTRA 2 OUNCES OF PROTEIN

(5) XL Big Mack Bowl - (Cal 580 F 30g/C 48g/P 30g)

Ground beef in thousand island with tomatoes, onions, and cheese over brown rice

(5) XP Chicken Mash Potato Bowl - (Cal 460 F 10g/C 40g/P 52g)

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

(5) XP Cowboy Shepherds Pie - (Cal 420 F 15g/C 35g/P 35g)

Shredded beef over mashed potatoes with corn, onion straws, cheese and bbq sauce

(5) XL Epic Honey Mustard Chicken - (Cal 490 F 18g/C 38g/P 45g)

Chicken in honey mustard with broccoli, bacon bits, and cheese over mashed potatoes

(5) XL Hawaiian Chicken Bowl - (Cal 400 F 6g/C 52g/P 34g)

Chicken in bbq sauce with a pineapple salsa over brown rice

(5) XP Popcorn Chicken Parm - (Cal 580 F 21g/C 57g/P 40g)

Breaded chicken parm over penne pasta with broccoli



Protein Pizzas (PIZ)

(30) Bacon Cheeseburger Pizza - (Cal 340 F 15g/C 33g/P 17g)

Cauliflower crust pizza with bacon and bbq beef

(30) BBQ Chicken Pizza - (Cal 324 F 12g/C 34g/P 20g)

Cauliflower crust pizza with bbq chicken, pineapple salsa, and cheese

(30) Cheese Pizza - (Cal 316 F 12g/C 32g/P 20g)

Cauliflower crust pizza with tomato sauce and mozzarella cheese

(30) Variety Box

10 Bacon Burger, 10 BBQ Chicken and 10 Cheese Pizzas