



Clean EatZ Kitchen July Menu Item Descriptions

Each case contains 30 individually-packaged meals that are packed with dry ice. The case will weigh about 25lbs upon arrival. Boxes are subject to substitutions with meals from the same box in the event we are out of an item. Immediately place meals in the freezer.

Clean Box Even (CB62)

(5) Bang Bang Chicken - (Cal 411 F 11g/C 58g/P 20g)

Chicken chunks in a sweet and spicy sauce over brown rice with broccoli florets

(5) BBQ Chicken - (Cal 308 F 4g/C 30g/P 38g)

BBQ Chicken with peppers and onions over diced red potatoes

(5) Beef and Broccoli - (Cal 376 F 8g/C 48g/P 28g)

Steak, broccoli and carrots over noodles in asian stir fry sauce

(5) Buffalo Chicken Mac & Cheese - (Cal 454 F 14g/C 35g/P 47g)

Buffalo chicken served with a side of whole wheat mac & cheese

(5) Chicken Fried Chicken - (Cal 404 F 12g/C 48g/P 26g)

Breaded chicken in a light gravy with mashed potatoes and green beans

(5) Creamy Mushroom Steak Medallions - (Cal 322 F 10g/C 30g/P 28g)

Steak medallions in a creamy mushroom sauce with red skin mashed potatoes

Clean Box Odd (CB63)

(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) Chicken Florentine Lasagna Rolls - (Cal 314 F 10g/C 26g/P 30g)

Chicken, cheese lasagna roll with spinach in a creamy alfredo sauce

(5) Cowboy Shepherd's Pie - (Cal 347 F 11g/C 35g/P 27g)

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

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

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

(5) Meatball Pita - (Cal 522 F 26g/C 44g/P 28g)

Beef meatballs in a pita with marinara and mozzarella cheese

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

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

Breakfast Box (BB)

(10) Chocolate Chip Waffle w/ Omelette - (Cal 448 F 20g/C 52g/P 15g)

Chocolate chip waffle served with an egg white omelette with pico de gallo

(10) Huevos Rancheros - (Cal 354 F 18g/C 32g/P 16g)

Egg white omelette over breakfast potatoes with salsa and avocado crema

(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

Keto Box (KB)

(5) Keto Butter Chicken - (Cal 349 F 21g/C 12g/P 28g)

Curry chicken over cauliflower florets

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

Ground beef in enchilada sauce over cauliflower rice with a sprinkle of cheese, onions and cilantro

(5) Keto Nashville Hot Chicken - (Cal 340 F 20g/C 14g/P 26g)

Chicken in a creamy hot sauce with pickles and broccoli florets

(5) Keto Parmesan Peppercorn Prime Rib - (Cal 338 F 22g/C 11g/P 14g)

Prime rib with eggplant, zucchini, and peppers with a parmesan peppercorn compote

(5) Keto Remoulade Chicken - (Cal 417 F 29g/C 10g/P 29g)

Diced chicken and garlic bacon green beans with a zesty remoulade

(5) Keto Sesame Ginger Beef - (Cal 358 F 22g/C 14g/P 26g)

Shredded beef in a stir fry sauce with green beans

Basics Box (BAS) - *NONE OF THE BIG 8 ALLERGENS*

(5) Chicken and Rice - (Cal 344 F 4g/C 45g/P 32g)

Diced chicken with brown rice and broccoli florets

(5) Chicken and Sweet Potatoes - (Cal 263 F 3g/C 28g/P 31g)

Diced chicken with sweet potatoes and broccoli florets

(5) Chicken and Ancient Grains - (Cal 225 F 5g/C 20g/P 25g)

Chicken and ancient grain blend with asparagus

(5) Beef with Baby Baker Potatoes - (Cal 396 F 24g/C 21g/P 40g)

Ground beef with baby baker potatoes

(5) Steak and Rice - (Cal 348 F 8g/C 42g/P 27g)

Shredded beef with brown rice, and green beans

(5) Steak and Red Potatoes - (Cal 272 F 8g/C 24g/P 26g)

Shredded beef with diced red potatoes and green beans

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

(5) XP Buffalo Chicken Mac & Cheese - (Cal 512 F 16g/C 35g/P 57g)

Buffalo chicken served with a side of whole wheat mac & cheese

(5) XP BBQ Chicken - (Cal 390 F 6g/C 38g/P 46g)

BBQ Chicken with peppers and onions over diced red potatoes

(5) XP Creamy Mushroom Steak Medallions - (Cal 410 F 14g/C 36g/P 35g)

Steak medallions in a creamy mushroom sauce with red skin mashed potatoes

(5) XP Cowboy Shepherd's Pie - (Cal 415 F 15g/C 35g/P 35g)

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

(5) XP Keto Sesame Ginger Beef - (Cal 452 F 28g/C 16g/P 34g)

Shredded beef in a stir fry sauce with green beans

(5) XP Keto Remoulade Chicken - (Cal 531 F 35g/C 12g/P 42g)

Diced chicken and garlic bacon green beans with a zesty remoulade