



# WEEK OF FEBRUARY 16, 2026

**ORDERS DUE WEDNESDAY, FEBRUARY 11 | PICK UP ON MONDAY 2/16/26**

**NAME:** \_\_\_\_\_

**PICKUP LOCATION:**  *Cinco Ranch*  *Firethorne*

## LUNCH/DINNER

**\$9-SM OR \$11-MED**

### Chicken and Rice Soup with Hearty Vegetables

Made with chicken breast, brown rice, carrots, tomatoes, onions, green beans, lima beans, and celery.

Small \_\_\_\_\_ Medium \_\_\_\_\_

### Sautéed Chicken Chunks with Zucchini and Yellow Squash

A delicious low carb and high protein chicken dish with hearty vegetables.

Small \_\_\_\_\_ Medium \_\_\_\_\_

### Baked Paleo Chicken Tenders

Baked paleo chicken tenders with almond meal, shredded coconut, and blend of spices served with roasted sweet potato and broccoli.

Small \_\_\_\_\_ Medium \_\_\_\_\_

### Healthy Egg Roll in a Bowl

A healthy rendition of a classic comfort dish with lean ground turkey and cabbage, sesame seeds, green onion, and carrots all over a bed of brown rice.

Small \_\_\_\_\_ Medium \_\_\_\_\_

### Beef Stir-Fry - \$11-SM OR \$13-MED

A delicious blend of spaghetti, onions, celery, garlic, light soy sauce, and cabbage mixed together with pan seared top-sirloin for a delicious, protein packed meal.

Small \_\_\_\_\_ Medium \_\_\_\_\_

### Turkey Burgers with Roasted Sweet Potatoes and Broccoli

Made with roasted sweet potatoes and steamed seasoned broccoli

Small \_\_\_\_\_ Medium \_\_\_\_\_

## BREAKFAST

**\$8-SM OR \$10-MED**

### \*Traditional Breakfast Platter with Bacon or Sausage\*

Good Old Fashion Breakfast platter with southern scrambled eggs, cinnamon oatmeal, and ground turkey breakfast sausage or center cut uncured bacon

**Bacon:** Small \_\_\_\_\_ Medium \_\_\_\_\_

**Sausage:** Small \_\_\_\_\_ Medium \_\_\_\_\_

### Banana Chocolate Chip Muffin Bread

Made with almond butter, bananas, protein powder, dark chocolate chips, and eggs.

Small \_\_\_\_\_ Medium \_\_\_\_\_

### Healthy Breakfast Bowl

New Potatoes, farm fresh eggs, onion, bacon, and cheddar cheese all mixed together for a full breakfast.

Small \_\_\_\_\_ Medium \_\_\_\_\_

## SNACKS

**\$11-ONE SIZE ONLY**

### Fuji Apple Chicken Salad

Prepared with shredded chicken, grapes, sliced Fuji apples, lemon juice, pepper, and olive oil-based mayonnaise.

One Size \_\_\_\_\_

**\$9-FULL DOZEN OR \$5-HALF DOZEN**

### Cranberry Crunch Energy Bites

Each bite is 100 calories with wholesome nutrition from flax seed, sliced almonds, coconut, honey, dried cranberries, oatmeal, and natural peanut butter.

Full Dozen \_\_\_\_\_ Half Dozen \_\_\_\_\_



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