



WEEK OF JULY 27, 2026

ORDERS DUE WEDNESDAY, JULY 22 | PICK UP ON MONDAY 7/27/26

NAME: _____

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

LUNCH/DINNER

\$9-SM OR \$11-MED

Pulled Pork Tacos with Purple Cabbage Pico

Made with slow cooked pork tenderloin, lime, and cilantro. Served with a side of black beans and purple cabbage pico de gallo, and whole wheat tortillas.

Small _____ Medium _____

Crusted Paleo Chicken with Pico and Roasted Potatoes

Baked crusted paleo chicken breast with almond meal and a blend of spices topped with pico and served with roasted new potatoes and green beans

Small _____ Medium _____

Asian Chicken Stir-Fry

A paleo compliant chicken stir-fry with hearty vegetables and served over a bed of brown rice. Seasoned with fresh basil and coconut aminos.

Small _____ Medium _____

Spaghetti and Meatballs

A healthy version of a comfort classic. Made with lean ground turkey and roasted cherry tomatoes on a bed of spaghetti noodles.

Small _____ Medium _____

Turkey Meatloaf with Green Beans

Your Classic Meatloaf dish with a healthy twist. Turkey Meatloaf that melts in your mouth with a delicious side of green beans.

Small _____ Medium _____

Mediterranean Grilled Chicken tossed with Farfalle Pasta

A light dish of seasoned grilled chicken tossed with farfalle pasta, pepperoncini, cucumber, cherry tomato, kalamata olives, red onion, and small amount of feta cheese and lemon-herb vinaigrette.

Small _____ Medium _____

BREAKFAST

\$8-SM OR \$10-MED

Healthy Overnight Oats

A healthy and clean breakfast with old fashioned whole grain oats, peanut butter, blueberries, strawberries, Greek yogurt, chia seeds, almond milk, and almond slices.

Small _____ Medium _____

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 _____

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

Peanut Butter Energy Bites

Each bite is 100 calories with wholesome nutrition from flax seed, chia seed, coconut, honey, dark chocolate, oatmeal, and natural peanut butter.

Full Dozen _____ Half Dozen _____



Order today! TEXT: 832-267-7730 or EMAIL: firethorne@esnhealth.com
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