

your menu

CHEF Dwayne Childress

Chocolate Almond Butter | 30g P, 12g C, 10g F | Effect: Energy

Cottage Cheese & Walnuts | 25g P, 6g C, 10g F | Effect: Muscle recovery

Lemon Herb Chicken & Zucchini | 42g P, 4g C, 8g F | Effect: Lean maintenance

Vanilla Berry Power | 28g P, 15g C, 5g F | Effect: Anti-inflammatory

Tuna Salad & Cucumber | 30g P, 2g C, 3g F | Effect: High-satiety

Garlic Shrimp & Broccoli | 35g P, 6g C, 4g F | Effect: Metabolic health

Chocolate Almond Butter | 30g P, 12g C, 10g F

Edamame & Beef Jerky | 28g P, 10g C, 5g F | Effect: Zinc support

Grilled Steak & Asparagus | 45g P, 5g C, 15g F

Greek yogurt berry blast| Greek yogurt, pumpkin seeds, chia seeds| 34g protein

Smoked Salmon & Creamy Cauliflower Mousse| 3 oz smoked salmon, cauliflower mousse, Greek yogurt| 26g Protein

Mediterranean Lentil & Poached Egg Bowl| green or brown lentils, 2 large poached eggs, cherry tomatoes, spinach| 39g Protein

Tropical hemp & yogurt smoothie| Greek yogurt, hemp hearts, & chia seeds| 34g Protein.

Salmon & Edamame Nikkei Snack| salmon, shelled edamame, tamari, & toasted sesame seeds| 34g Protein

Ground Turkey & Spinach Mediterranean Skillet| 6 oz lean ground turkey, pine nuts, cumin, cinnamon, diced onions, fresh spinach, toasted pine nuts, & roasted cauliflower| 41g Protein



CHEFIN

V - vegetarian, VG - **vegan**,
GF - gluten free, DF - dairy free

chefin.com