



Clean EatZ Kitchen October Menu Item Descriptions

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 Even (CB68)

(5) BBQ Chicken Wet Burrito Bowl - (Cal 422 F 14g/C 40g/P 34g)

Chicken breast, black beans and pickled red onion over brown rice with bbq sauce and cheese

(5) Brisket w/ Spicy Mac & Cheese - (Cal 466 F 22g/C 40g/P 27g)

Slow-smoked, sliced brisket with spicy mac and cheese

(5) Cajun Chicken Pasta - (Cal 433 F 13g/C 45g/P 34g)

Chicken, andouille sausage and vegetables in a creamy cajun sauce

(5) Cheesy Beef and Macaroni - (Cal 446 F 22g/C 34g/P 28g)

Ground beef in cheese sauce over whole wheat pasta

(5) Chicken Mashed Potato Bowl - (Cal 339 F 7g/C 31g/P 38g)

Diced chicken breast with mashed potatoes, corn and cheese in a pepper gravy

(5) Snakebite Steak Bowl - (Cal 427 F 15g/C 49g/P 24g)

Shredded steak in spicy ranch with bell peppers over brown rice

Clean Box Odd (CB69)

(5) The Arnold Bowl - (Cal 390 F 14g/C 38g/P 28g)

Steak, green peppers and mushrooms over brown rice with mozzarella cheese and Clean EatZ Buffalo Sauce

(5) Chicken & Stuffing - (Cal 310 F 6g/C 36g/P 28g)

Chicken, green beans and cornbread stuffing in a light gravy

(5) Chicken & Sweet Potato Waffle Fry Nachos - (Cal 561 F 21g/C 65g/P 28g)

Chicken chunks on sweet potato waffle fries with bacon, green onions, honey and ancho sauce

(5) Lead Belly Potato Skins - (Cal 479 F 23g/C 30g/P 38g)

Pulled chicken and bacon in bbq sauce served in potato skins with shredded cheese and jalapeno ranch dressing

(5) Pizzalini - (Cal 502 F 22g/C 52g/P 24g)

Cheese tortellini with sausage and pepperoni in tomato sauce

(5) Steak Pita Popper - (Cal 509 F 25g/C 44g/P 27g)

Sliced steak in a spicy jalapeno sauce with fried pickles, green onions, and cheese in a pita

Breakfast Box (BB)

(10) Basic Breakfast - (Cal 400 F 20g/C 28g/P 27g)

Egg omelette, turkey sausage and french toast sticks

(10) Chicken & Waffles - (Cal 558 F 26g/C 49g/P 32g)

Breaded chicken chunks, eggs, turkey bacon with a belgian waffle and sugar-free syrup

(10) Steak and Eggs - (Cal 381 F 17g/C 26g/P 31g)

Scrambled eggs with shredded beef and diced potatoes

Keto Box (KB)

(5) Keto Black and Bleu Prime Rib - (Cal 504 F 36g/C 10g/P 32g)

Sliced prime rib with brussel sprouts, mushrooms and a sprinkle of bleu cheese

(5) Keto Blooming Onion Chicken - (Cal 436 F 32g/C 10g/P 27g)

Pulled chicken and bacon in bbq sauce served in potato skins with shredded cheese and jalapeno ranch dressing

(5) Keto Buffalo Chicken - (Cal 471 F 35g/C 9g/P 30g)

Chicken in a creamy buffalo sauce with a side of broccoli

(5) Keto Chicken Enchilada - (Cal 319 F 15g/C 10g/P 36g)

Diced chicken breast with cheese and salsa over cauliflower rices

(5) Keto Dijon Chicken Cheesy Cauliflower - (Cal 377 F 25g/C 10g/P 28g)

Dijon chicken served with cheesy cauliflower florets

(5) Keto Hibachi Steak - (Cal 312 F 20g/C 9g/P 24g)

Hibachi steak with asian veggies over cauliflower fried rice

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 Cheesy Beef and Macaroni - (Cal 590 F 34g/C 37g/P 34g)

Ground beef in cheese sauce over whole wheat pasta

(5) XP Chicken Mashed Potato Bowl - (Cal 427 F 11g/C 34g/P 48g)

Diced chicken breast with mashed potatoes, corn and cheese in a pepper gravy

(5) XP Chicken & Sweet Potato Waffle Fry Nachos - (Cal 675 F 27g/C 72g/P 36g)

Chicken chunks on sweet potato waffle fries with bacon, green onions, honey and ancho sauce

(5) XP Snakebite Steak Bowl - (Cal 504 F 20g/C 49g/P 32g)

Shredded steak in spicy ranch with bell peppers over brown rice

(5) XP Keto Blooming Onion Chicken - (Cal 572 F 40g/C 13g/P 40g)

Pulled chicken and bacon in bbq sauce served in potato skins with shredded cheese and jalapeno ranch dressing

(5) XP Keto Hibachi Steak - (Cal 436 F 28g/C 12g/P 34g)

Hibachi steak with asian veggies over cauliflower fried rice