



*Pickled Beet*TM

MVP MEALS FOR HIGH-PERFORMANCE ATHLETES

Higher in protein and features fresh vegetables and healthy carbs

BARBECUE ROASTED SALMON

Wild-caught salmon is brushed with a homemade rub and oven-roasted

Sides: Overnight Cucumber Salad and Herbed Brown Rice

BLACK BEAN BURGER WITH CHIPOTLE AÏOLI

These non-meat burgers are tasty and satisfying

Sides: Sautéed Spinach and Toasted Quinoa

SKINNY CHICKEN PARMESAN

This remake of the classic eliminates breading, but retains flavor

Sides: Garlic Sautéed Broccolini and Roasted Sweet Potato Hashbrowns

STUFFED TURKEY BURGERS

Tasty patties filled with roasted red peppers and mozzarella cheese

Sides: Sautéed Green Beans and Shallots and Baked Parmesan Zucchini Fries

THAI CURRY CHICKEN

Tender, white-meat chicken and vegetables in a classic red curry sauce

Side: Cauliflower "Rice"

