

# DINNERLY

## DN menu building

protein placeholders



2 Servings

## WHAT WE SEND

- ½ lb pkg sirloin steak
- 10 oz pkg boneless, skinless chicken breast
- ½ lb pkg chicken breast strips
- 10 oz pkg cubed chicken thighs
- 10 oz pkg pork tenderloin
- 12 oz pkg pork cutlets
- 7 oz pkg plant-based chik'n cutlet <sup>1</sup>
- 12 oz pkg extra-firm tofu <sup>6</sup>
- ½ lb pkg falafel
- 4 oz pkg thick-cut bacon
- ½ lb uncased Italian chicken sausage
- ½ lb pkg country-style sausage
- ½ lb pkg chorizo sausage
- ½ lb pkg uncased sweet Italian pork sausage
- 10 oz pkg grass-fed ground beef
- 10 oz pkg ground chicken
- ½ lb pkg plant-based ground <sup>1,6,15</sup>
- 10 oz pkg ground pork
- 10 oz pkg ground turkey
- 10 oz pkg tilapia <sup>4</sup>
- ½ lb pkg ready to heat pulled pork
- ½ lb pkg shrimp <sup>2,17</sup>

## WHAT YOU NEED

### TOOLS

### ALLERGENS

Wheat (1), Shellfish (2), Fish (4), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 0kcal



Extra credit!