



Rx

lifechef™

**Food as
Medicine**



BREAKFAST



Breakfast Menu



Facility allergens: Manufactured on equipment that processes products containing milk, egg, fish, shellfish, wheat, sesame, soy, peanuts, and tree nuts.



Turkey Fajita Egg Bites

Broccoli & Cheddar Egg Bites



Breakfast

Turkey Fajita Egg Bites



Cage-Free Egg, All-Natural Ground Turkey, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheddar (Milk, Cultures, Salt, Enzymes, Annatto (color)), White Onion, Green Bell Pepper, Red Bell Pepper, Spice

230 Cal **15g** Fat **300mg** Sodium **5g** Net Carbs **21g** Protein

Sweet Potato Egg Muffins



Cage-Free Egg, Spinach, Sweet Potato, Cinnamon, Nutmeg, Spice, Kosher Salt

180 Cal **10g** Fat **260mg** Sodium **6g** Net Carbs **16g** Protein

Mushroom & Gruyere Egg Bites



Cage-Free Egg, Cremini Mushrooms, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheese, Gruyere, Spice

210 Cal **13g** Fat **300mg** Sodium **4g** Net Carbs **19g** Protein

Southwestern Egg Bites



Cage-Free Egg, Black Beans, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheddar (Milk, Cultures, Salt, Enzymes, Annatto (color)), White Onion, Green Bell Pepper, Red Bell Pepper, Spice

220 Cal **14g** Fat **290mg** Sodium **6g** Net Carbs **19g** Protein

Broccoli & Cheddar Egg Bites



Cage-Free Egg, Tomatoes, Broccoli, Cottage Cheese (Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of Nonfat Milk, Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Carbon Dioxide (to preserve freshness), Enzyme), Cheddar (Milk, Cultures, Salt, Enzymes, Annatto (color)), Spice

210 Cal **14g** Fat **300mg** Sodium **5g** Net Carbs **18g** Protein



Breakfast



Turkey & Sweet Potato Hash



Sweet Potato, All-Natural Ground Turkey, Diced Tomatoes, Green Bell Pepper, Marinara (Tomatoes, Olive Oil, Onions, Spice), White Onion, Sunflower/Extra Virgin Olive Oil Blend, Chili Powder, Garlic, Kosher Salt, Spice

190 Cal **8g** Fat **220mg** Sodium **14g** Net Carbs **12g** Protein



Flax & Banana Overnight Oats



Bananas, Gluten Free Rolled Oats, Unsweetened Almond Milk, Peanuts, Monkfruit Extract, Ground Flaxseeds, Vanilla Extract (Water, Alcohol (35%), Sugar, Vanilla Bean Extractives), Kosher Salt

250 Cal **7g** Fat **230mg** Sodium **36g** Net Carbs **8g** Protein



Carrot Cake & Chia Oats



Carrots, Gluten Free Rolled Oats, Raisins, Chia Seeds, Purified Water, Tapioca Fiber, Chicory Root Inulin, Potato Starch, Natural Flavors, Sea Salt, Monk Fruit Extract, Natural Citrus Extract (Preservative), Unsweetened Almond Milk, Vanilla Extract (Water, Alcohol (35%), Sugar, Vanilla Bean Extractives), Cinnamon, Allspice

240 Cal **6g** Fat **125mg** Sodium **31g** Net Carbs **7g** Protein



Fruit & Flax Oatmeal Muffin



Bananas, Gluten Free Rolled Oats, Honeycrisp Apple, Cage-Free Egg, Raisins, Walnuts, Unsalted Butter, Unsweetened Almond Milk, Ground Flaxseeds, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol (35%), Sugar, Vanilla Bean Extractives), Kosher Salt, Cinnamon, Nutmeg

390 Cal **17g** Fat **210mg** Sodium **44g** Net Carbs **11g** Protein



Fruit & Flax Oatmeal Muffin



Sweet Potato Egg Muffins



Need help? We're here for you!

Email: healthy@lifechef.com

Call: 1-855-932-4048

Live Chat



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