



TWO OPTIONS:

- **Garlic Shrimp & Cauliflower Rice***
- **Jalapeno Popper Chicken Salad**

**BUY 4
MEALS,
GET 1 FREE**

*Freezer-friendly meal

\$7 per bowl

Pick up/Drop off on Tuesday, March 11th:

- 4800 Maine (11 am) – dropped off at your department
- Employer Clinic (11:15 am) – dropped off at the clinic
- Blessing Hospital Cafeteria (Noon-6:30 pm) – grocery cooler
- Wellness Center (Tuesday: Noon-5 pm)
(Wednesday/Thursday: 8 am-5pm)

To place an order, please email:

blessingwellnesscenter@blessinghealth.org

or call us at: 217-214-5858

Orders and payment due by 2 pm on Friday, March 7th.

Nutrition and ingredient information available on the following page!



GARLIC SHRIMP & CAULIFLOWER RICE

Ingredients: Shrimp, cauliflower rice, onion, parmesan cheese, butter, sriracha, garlic, parsley, lemon, onion powder, Italian seasoning, red pepper flakes.

Nutrition Facts
Serving Size: 1 bowl
Amount per serving
Calories: 370
Total Fat: 14 g Saturated Fat: 8 g
Sodium: 620 mg
Total Carbohydrates: 16 g Fiber: 5 g Sugars: 7 g
Protein: 41 g

JALAPENO POPPER CHICKEN SALAD

Ingredients: Chicken breast, light mayonnaise, plain Greek yogurt, shredded cheese, jalapeno pepper, bacon bits, red onion, green onion, garlic powder, onion powder, black pepper, red pepper flakes.

Nutrition Facts
Serving Size: 1 bowl
Amount per serving
Calories: 390
Total Fat: 19 g Saturated Fat: 5 g
Sodium: 1300 mg
Total Carbohydrates: 9 g Fiber: 1 g Sugars: 2 g
Protein: 45 g