



# Wellness Center Pre-Order

## TWO OPTIONS:

- **Garlic Shrimp & Cauliflower Rice\***
- **Chicken Chickpea Curry\***

\*Freezer-friendly meal

\$7 per bowl

## Pick up/Drop off on Tuesday, May 6:

- 4800 Maine (11 am) – dropped off at your department
- Employer Clinic (11:15 am) – dropped off at the clinic
- Blessing Hospital Cafeteria (12-6:30 pm) – grocery cooler
- Wellness Center (Tues: 12-5 pm) (Wed/Thurs: 8 am-5pm)

To place an order, please email:

[blessingwellnesscenter@blessinghealth.org](mailto:blessingwellnesscenter@blessinghealth.org) or call us at: 217-214-5858

**Orders and payment due by 2 pm on Friday, May 2.**

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

## CHICKEN CHICKPEA CURRY

Ingredients: Chicken breast, tomatoes, onion, chickpeas, lite coconut milk, peas, carrots, oil, garlic, curry powder, garam masala, salt, ginger, black pepper, cayenne pepper.

Nutrition Facts
Serving Size: 1 bowl
Amount per serving
Calories: 380
Total Fat: 18 g
Saturated Fat: 4 g
Sodium: 595 mg
Total Carbohydrates: 22 g
Fiber: 6 g
Sugars: 13 g
Protein: 35 g