TLS®-APPROVED CHEF’D MEALS

Chef’d is a meal delivery service that delivers fresh ingredients and recipes to your door. Listed below are TLS-friendly meal options from Chef’d.

FAT SHREDDER MENU PLAN
Lunch & Dinner:
• Seared Ahi Tuna with Watercress
• Tin Foil Snapper with Kilt Lettuce Salad
• Dijon Salmon and Roasted Asparagus
• Chicken en Papillote with Spring Vegetables
• Red Snapper with Green Apple Salad and Tamarind Vinaigrette
• Arctic Char with Spring Vegetable Stir-Fry and Finadene Sauce

RAPID RESULTS MENU PLAN
Lunch & Dinner:
• Mahi Mahi Citrus Taco’s with Avocado and Tomato
• Asian Lettuce Wraps
• Szechuan Beef Tenderloin
• Seared Ahi Tuna with Watercress
• Harlem Renaissance Salmon with Simple Autumn Spinach
• Chicken en Papillote with Spring Vegetables
• Banana Leaf-Wrapped Fish Veracruz with Charred Corn
• Grilled Baby Back Ribs with Apple-Cabbage Slaw and Grilled Corn
• Red Snapper with Green Apple Salad and Tamarind Vinaigrette
• Flank Steak with Mashed Cauliflower
• Sour Cherry Gastricque Rack of Lamb with Roasted Broccolini
• Honey Mustard Chicken with Roasted Vegetables
• Mediterranean Spiced Chicken Kebobs with Cauliflower-Tabbouleh
• Tin Foil Snapper with Kilt Lettuce Salad
• Dijon Salmon and Roasted Asparagus
• Tandoori Shrimp with Cucumber and Mint Raita
• Asian Marinated Pork Chops with Cucumber Carrot Salad
• Arctic Char with Spring Vegetable Stir-Fry and Finadene Sauce
• Flank Steak with Mashed Cauliflower
• Quick Burgundy Beef with Cherry Tomato Salad

SURE & STEADY MENU PLAN
Lunch & Dinner:
• Roasted Branzino with Cherry-Tomato and Caper Salsa
• Green Chili Turkey and Cilantro Rice Bowl
• NY Steak with Sriracha Chimichurri and Sweet Potato Hash
• Chili Mango Chicken
• Cauliflower Steaks with Quinoa
• Mahi Mahi Citrus Taco’s with Avocado and Tomato
• Asian Lettuce Wraps
• Banana Leaf-Wrapped Fish Veracruz with Charred Corn
• Warm Farro and Lentil Salad
• Flank Steak and Pepper Rice Bowl
• Chicken Lettuce Wraps
• Chilean Sea Bass with White Bean and Kale stew
• North African Spiced Cod with Herbed Couscous
• Szechuan Beef Tenderloin
• Tin Foil Snapper with Kilt Lettuce Salad
• Turkey and Prosciutto with Port Wine Glaze and Asparagus
• BBQ Sushi Tuna Satays with Mango
• Honey Mustard Chicken with Roasted Vegetables
• Seared Ahi Tuna with Watercress
• Turkey Kale Soup with Brown Rice
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• Harlem Renaissance Salmon with Simple Autumn Spinach
• Hoisin Pork Tenderloin with Avocado Mango Salad
• Chicken en Papillote with Spring Vegetables
• Lamb Chops with Salsa Verde with Dried Fruit and Black Rice Pilaf
• Grilled Baby Back Ribs with Apple-Cabbage Slaw and Grilled Corn
• Red Snapper with Green Apple Salad and Tamarind Vinaigrette
• Butternut Squash Soup with Pumpkin Seeds
• Flank Steak with Mashed Cauliflower
• Sour Cherry Gastrique Rack of Lamb with Roasted Broccolini
• Apple Glazed Pork Chops with Pecan Lentil Rice Duo
• Maple Glazed Salmon with Fresh Corn Quinoa and Spinach
• Mediterranean Spiced Chicken Kebobs with Cauliflower Tabbouleh
• Lamb Chops with White Bean Sofrito with Artichoke-Mint Condiment
• Dijon Salmon and Roasted Asparagus
• Tandoori Shrimp with Cucumber and Mint Raita
• Chicken Fajita Bowl
• Asian Marinated Pork Chops with Cucumber Carrot Salad
• Roasted Salmon with Quinoa and Edamame Salad
• Easy Beans and Quinoa with Kale Broccoli Salad and Mustard Dressing
• Idaho Trout with Salsa Verde Tabbouleh and Watercress Salad
• Arctic Char with Spring Vegetable Stir-Fry and Finadene Sauce
• Stuffed Chicken Breast with Lemon Artichoke Pesto
• Quick Burgundy Beef with Cherry Tomato Salad
• Vegetarian Bibimbap with Basmati Rice
• Greek Bolognese with Gluten-Free Pasta and Spinach Pomegranate Salad

CONTINUED COMMITMENT MENU PLAN
Lunch & Dinner:
• Asparagus, Red Pepper and Pork Stir-Fry
• Pan Roasted Hanger Steak with Tomato Panzanella and Blue Cheese
• Spicy Korean Pork Farro Bowl
• Roasted Branzino with Cherry Tomato and Caper Salsa
• Green Chili Turkey and Cilantro Rice Bowl
• NY Steak with Sriracha Chimichurri and Sweet Potato Hash
• Chili Mango Chicken
• Cauliflower Steaks with Quinoa
• Mahi Mahi Citrus Tacos with Avocado and Tomato
• Asian Lettuce Wraps
• Banana Leaf-Wrapped Fish Veracruz with Charred Corn
• Warm Farro and Lentil Salad
• Flank Steak and Pepper Rice Bowl
• Greek Shrimp Farro Bowl
• Chicken Lettuce Wraps
• Chilean Sea Bass with White Bean and Kale stew
• North African Spiced Cod with Herbed Couscous
• Szechuan Beef Tenderloin
• Tin Foil Snapper with Kilt Lettuce Salad
• Turkey and Prosciutto with Port Wine Glaze and Asparagus
• BBQ Sushi Tuna Satays with Mango
• Honey Mustard Chicken with Roasted Vegetables
• Seared Ahi Tuna with Watercress
• Turkey Kale Soup with Brown Rice
• Harlem Renaissance Salmon with Simple Autumn Spinach
• Hoisin Pork Tenderloin with Avocado Mango Salad
• Chicken en Papillote with Spring Vegetables
• Lamb Chops with Salsa Verde with Dried Fruit and Black Rice Pilaf
• Grilled Baby Back Ribs with Apple-Cabbage Slaw and Grilled Corn
• Red Snapper with Green Apple Salad and Tamarind Vinaigrette
• Butternut Squash Soup with Pumpkin Seeds
• Flank Steak with Mashed Cauliflower
• Sour Cherry Gastrique Rack of Lamb with Roasted Broccolini
• Apple Glazed Pork Chops with Pecan Lentil Rice Duo
• Maple Glazed Salmon with Fresh Corn Quinoa and Spinach
• Mediterranean Spiced Chicken Kebobs with Cauliflower Tabbouleh
• Lamb Chops with White Bean Sofrito with Artichoke-Mint Condiment
• Dijon Salmon and Roasted Asparagus
• Tandoori Shrimp with Cucumber and Mint Raita
• Chicken Fajita Bowl
• Asian Marinated Pork Chops with Cucumber Carrot Salad
• Roasted Salmon with Quinoa and Edamame Salad
• Easy Beans and Quinoa with Kale Broccoli Salad and Mustard Dressing
• Idaho Trout with Salsa Verde Tabouleh and Watercress Salad
• Arctic Char with Spring Vegetable Stir-Fry and Finadene Sauce
• Stuffed Chicken Breast with Lemon Artichoke Pesto
• Quick Burgundy Beef with Cherry Tomato Salad
• Vegetarian Bibimbap with Basmati Rice
• Greek Bolognese with Gluten-Free Pasta and Spinach Pomegranate Salad

FAQ

What is Chef’d?
Chef’d is a meal delivery service that delivers fresh ingredients and recipes to your door. With easy, step-by-step directions, you’ll be able to cook up a masterpiece in no time! Chef’d partners with celebrity chefs, popular restaurants, culinary brands and food media groups from all over the world to bring you a specialized home-delivery experience. You have the option to purchase food that will feed either two or four people. If there is a meal that you and your family enjoy, you have the option to order it as often as you’d like. Unlike other meal delivery programs, Chef’d offers many delicious options that are always available to order at your convenience.

How do I get started?
Visit SHOP.COM to get redirected to the Chef’d website to ensure that you receive cash back. With each order you will receive 2% Cashback, and when you purchase $40.00 worth of meals, (which typically equates to two meals), you get free shipping, too! To start, browse and select a meal or two. Pick an order date, and then you’ll have your ingredients and recipes delivered to your door.

How often do they deliver?
Chef’d delivers between Tuesday and Saturday, but some exceptions may apply based on your order date and address zip code. Your delivery will arrive within one-two days from online order date. Please check for your actual delivery date options by entering your shipping address ZIP code, after you have selected a meal and clicked on the Cart page. You can order at any time. Please note, there is no auto-delivery option for Chef’d.