



Time to ring in fall and the upcoming holiday season!

This fall we're packing in three brand new guest chef meals! Our featured guest chefs this season are Madeline Teague, Robyn Youkilis, and Cassy Joy Garcia. Get to know more about them and their dishes throughout this flyer.

We're bringing back some favorites as well to round out the menu with 8 brand new and/or new-to-the menu dishes from which you can choose.

Whether you're new to us or if you've been with us through the last year - thank you so much. We've been honored to feed you through challenges none of us ever anticipated. You've kept many people employed with your support, and that matters!

Diane

## BRAND NEW ON THE MENU



**Robyn's Chicken Marbella**  
with Chive Parsnip Mash & Kale



**Madeline's Barbacoa Beef**  
with Plantains & Pineapple Salsa



**Cassy's Sticky Honey Garlic Pork**  
with Coconut Cauli-rice & Broccoli

## BACK ON THE MENU



**Don't forget to tag us on Instagram @balancedbites when you receive your box & eat your Meals!**

## NEW @ BALANCED BITES MEALS

**Lots of upgrades and new ways to shop are coming to you from Balanced Bites.**

**First, you may have noticed (or maybe not!) that you can now subscribe to a custom Build-a-Box of meals.**

Why subscribe? Subscribing allows you to save money on all of your orders - and you can even update what'll be in your box before each order processes. So, if you loved one dish and want more of it, or you want to swap others, go right ahead! You can subscribe at any interval that works for you between 1 and every 4 weeks.

And, of course, you can skip a box if you don't need one when the time comes. If you haven't yet, be sure to check out this great new feature the next time you place your order.

**Next, a brand new Meal Box Add-On: organic white rice!** You've asked for an easy way to add some carbs to our meals, so we've added 5-packs of 1/2 cup portions of organic white rice cooked in our house-made chicken broth as an optional add-on.

Broth Rice can be added to any of our pre-set boxes via the Meal Box Add Ons section of the site, or via the Build-a-Box "add-ons" section.

**Finally, you can also now select a 20 or 30 Meal Build-a-Box.** Many of you had previously been placing two or three separate orders to get more custom meal orders at once. Now you can simply make one order and select the quantity you need. Boxes shipped will still each contain 10 meals, but you can streamline your ordering to just one transaction.

## HAVE QUESTIONS ABOUT YOUR BOX OR YOUR MEALS?

Head to [balancedbites.com/faqs](https://balancedbites.com/faqs) for answers to anything and everything.

# Meet our fall meal contributors



**MADELINE**  
**@mad\_about\_food**

Madeline Tague is a food blogger, recipe developer, and creator of Mad About Food. Her goal is to create approachable recipes that encourage more people to cook at home. Almost all of her recipes can be made with simple, straightforward ingredients. You can find all of her recipes at [madaboutfood.co](http://madaboutfood.co) and follow along with the rest of her life @mad\_about\_food on Instagram. When she's not in the kitchen whipping up new recipes for Mad About Food, she's spending time with her wife, Amy, and their pets.

**Madeline's Barbacoa Beef with Plantains & Pineapple Salsa**

Enjoy the tangy and slightly spicy flavor of beef barbacoa tacos without the fuss of slow roasting the beef yourself. This shredded beef is super tender and packed with flavor.



**ROBYN**  
**@robnyoukilis**

Robyn Youkilis is an AADP Certified Health Coach, author, speaker, sought-after TV personality, and leading expert in holistic digestive health. She is the Founder and CEO of the global health coaching practice, Your Healthiest You. For nearly a decade, Robyn has helped clients shed both physical and emotional weight through her straightforward yet supportive coaching style. Robyn lives in New York City and Los Angeles with her husband and their daughters, Navy and Dover.

**Robyn's Chicken Marbella with Chive Parsnip Mash & Kale**

This dish is full of savory and briny flavors with a hint of sweetness from the prunes. This dish is super comforting and reminiscent of a Mediterranean tajine - and it's nightshade free!



**CASSY**  
**@fedandfit**

Cassy Joy Garcia is the creative force behind the popular food blog Fed + Fit. Eager to share her healthy living secrets with the world, she started Fed + Fit in 2011. After realizing that her own struggles to get a healthy homemade dinner on the table overlapped with the same struggles experienced by her readers, she decided that there must be a better way. The Cook Once method was born and it has revolutionized how people cook. Cassy lives in San Antonio, TX with her husband and two children.

**Cassy's Sticky Honey Garlic Pork with Coconut Cauli-rice & Broccoli** will quickly curb any Chinese takeout craving! Tender pork meets a sticky-sweet, slightly spicy sauce.

## Introducing Cook Once Dinner Fix

Cassy Joy Garcia is the *New York Times* best-selling author of *Cook Once Dinner Fix* and *Cook Once, Eat All Week*. She's a busy mom of two who has limited time to get food on the table. In her newest release, *Cook Once Dinner Fix* she shares a fresh approach to preparing dinner in a hurry. These 120 easy, delicious recipes are designed to use the leftovers from one recipe to quickly cook a completely different meal the next day.



*The Cook Once Dinner Fix* solves the "what's for dinner" question without requiring enormous amounts of time, energy, skill, or money. Now dinnertime can be fun, fast, affordable, and sustainable.

**Cassy's Cook Once Dinner Fix is now available wherever books are sold!**



# Robyn's Chewing Challenge

In my 12+ years as a gut health expert I've helped thousands of people feel better in their bodies, and even more importantly, in their bellies, by teaching the simple art of chewing. Chewing our food completely not only slows us down at meal times so we can savor every bite and be present with our plates, but it supports our body's natural digestive process. Follow these simple steps...

## 1 LOOK

Eating is a complete sensory experience, and if we don't include one of our most vital senses - our sight - we are out of touch with the idea that we have eaten. Next time you're about to consume something, take a moment to take it in with your eyes.

## 2 BREATHE

Taking a good, deep breath brings you into the present and into your body again. Feel your belly expand and release and the gentle ahhh that comes with that simple action. Plus, it relaxes your tummy and supports healthy digestion.

## 3 CHEW

Chew each mouthful completely (i.e., until it becomes liquid!) before swallowing. When you chew your food thoroughly, you stimulate your digestive juices to better process your meal. Plus, you'll naturally slow down and savor your meals that much more.

Join my free online challenge where I'll teach you how to make this supportive eating practice a part of every meal. Because as I like to say, "your stomach doesn't have teeth!"

*You can also visit [www.thechewingchallenge.com](http://www.thechewingchallenge.com) to learn more about Robyn's program.*

## GARNISH LIKE A PRO!

Meal	Fresh	Citrus	Other Sauces or Toppings
<b>Bacon &amp; BBQ Burgers</b>	parsley		BBQ sauce, cheese
<b>Balsamic BBQ Beef</b>	cilantro		BBQ sauce
<b>Bolognese Bake</b>	basil, parsley		SUPER GARLIC PIZZA spice blend
<b>Charlotte's Liberian Pepper</b>	cilantro, parsley	lime	
<b>Chicken Satay</b>	cilantro	lime	avocado
<b>Aubrey's Buffalo Chicken</b>	cilantro	lemon	dairy-free ranch*
<b>Stacy's BBQ Chicken</b>	parsley	lemon	
<b>Charlotte's Vietnamese Pork</b>	basil, cilantro	lime	sesame seeds
<b>Garlic &amp; Lemon Chicken Kebabs</b>	cilantro, parsley	lemon	plain yogurt
<b>Robyn's Chicken Marbella</b>	cilantro	lime	fermented veggies
<b>Madeline's Barbacoa Beef</b>	cilantro, green onion	lime	salsa*, sour cream
<b>Cassy's Sticky Honey Garlic Pork</b>	cilantro, green onion	lime	chili flakes, sesame seeds
<b>Pork Carnitas</b>	cilantro	lime	avocado, sour cream
<b>Butternut Cocoa Chili</b>	cilantro		avocado, sour cream
<b>Beef Kebabs</b>	parsley	lime	tahini sauce*

*\*this item comes in the box with your meal*



BACK FOR A LIMITED TIME!

# SPICED GINGER SNAP

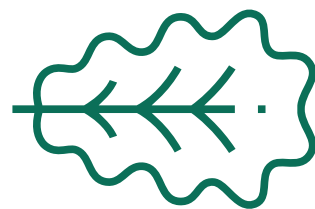
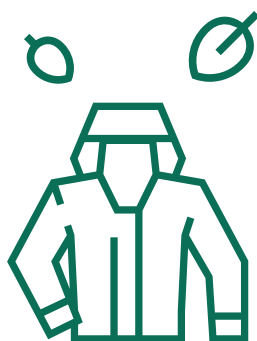
## GLUTEN-FREE GRANOLA

Order now at [balancedbites.com](http://balancedbites.com)

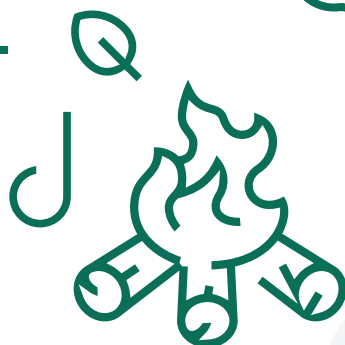


# Color In Your Favorite Fall Icons

CHEER

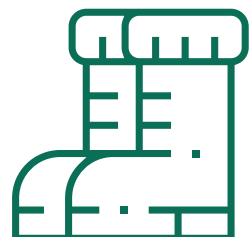
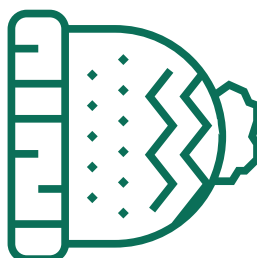
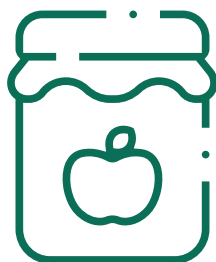
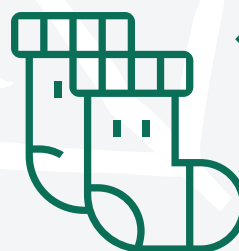
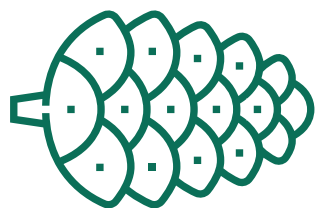


JOY



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MUM

