

Menu

Lunch & Dinner

Vegetarian

| | | Calories | G. Protein | G. Fat | % Fat | G. Carb | Mg Sodium | Mg Phos | G. Fiber | Mg Chol | Contains Gluten* | Contains Lactose* | Spicy | Contains Nut* | Diabetic Friendly | Vegetarian Available* |
|------------------------------------------------------------------------------------------------|----------|----------|------------|--------|-------|---------|-----------|---------|----------|---------|------------------|-------------------|--------|---------------|-------------------|-----------------------|
| Vegetarian chili | Small | 291 | 24 | 3.5 | 9.5 | 47 | 591 | 225 | 13 | 0 | ● | | 🌶️ | ● | ● | |
| | Medium | 349 | 28 | 4 | 9.5 | 56 | 709 | 270 | 16 | 0 | ● | | 🌶️ | ● | ● | |
| California salad with almonds, cranberries and bleu cheese | One size | 190 | 8 | 10 | 44 | 21 | 730 | 155 | 4 | 15 | | ● | | ● | ● | |
| | | | | | | | | | | | | | | | | |
| Tofu salad with soba noodles, almonds, mushrooms, leeks and an intense Vietnamese ginger sauce | One size | 330 | 18 | 15 | 39 | 35 | 610 | 124 | 4 | 0 | | | | ● | ● | |
| | | | | | | | | | | | | | | | | |
| Spicy vegan BBQ sandwich | One size | 300 | 8 | 3.5 | 11 | 58 | 820 | 133 | 6 | 0 | ● | | 🌶️🌶️🌶️ | ● | ● | |
| | | | | | | | | | | | | | | | | |
| Raw salad with cashews | One size | 210 | 7 | 11 | 41.6 | 26 | 1630 | 197 | 5 | 0 | | | 🌶️ | ● | ● | |
| | | | | | | | | | | | | | | | | |
| Lebanese chicken roasted garlic hummus, minted grilled tomato, braised kale | Small | 290 | 28 | 12 | 36 | 18 | 1280 | 250 | 4 | 65 | ● | | 🌶️ | ● | | |
| | Medium | 370 | 37 | 13 | 31 | 26 | 1580 | 337 | 6 | 80 | | | 🌶️ | ● | | |

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|-----------------------------------------------------------------------------------------------------------------------------------------|----------|----------|------------|--------|-------|---------|-----------|---------|----------|---------|------------------|-------------------|--------|---------------|-------------------|-----------------------|
| Roasted harissa almond chicken whipped yams, braised kale | Small | 220 | 26 | 9 | 35 | 10 | 580 | 220 | 3 | 65 | | | | ● | ● | |
| | Medium | 270 | 33 | 9 | 31 | 14 | 670 | 277 | 84 | 80 | | | 🌶️🌶️ | ● | ● | |
| Coriander crusted chicken breast roasted beets, cauliflower mash | Small | 230 | 28 | 3 | 12 | 23 | 990 | 171 | 8 | 65 | | | 🌶️ | | ● | |
| | Medium | 320 | 35 | 4 | 11 | 36 | 1220 | 282 | 10 | 80 | | | 🌶️ | | ● | |
| Lemon grass poached chicken breast, green pea curry, roasted bok-choy, whipped yams | Small | 250 | 27 | 3 | 11 | 28 | 990 | 246 | 5 | 65 | | | 🌶️ | | ● | |
| | Medium | 350 | 36 | 4 | 10.5 | 42 | 1460 | 331 | 8 | 80 | | | 🌶️ | | ● | |
| Steamed Jamaican jerk chicken roasted plantains, collard greens | Small | 290 | 26 | 3 | 9 | 42 | 410 | 205 | 4 | 65 | | | 🌶️🌶️🌶️ | | ● | |
| | Medium | 340 | 33 | 4 | 10 | 46 | 600 | 252 | 6 | 80 | | | 🌶️🌶️🌶️ | | ● | |
| Chicken salad with soba noodles, almonds, Vietnamese ginger sauce | One size | 330 | 27 | 12 | 33 | 31 | 27 | 251 | 3 | 45 | | | 🌶️ | ● | ● | |
| | | | | | | | | | | | | | | | | |
| All-natural turkey chilli | Small | 270 | 20 | 5 | 17.5 | 37 | 580 | 274 | 9 | 40 | | | 🌶️ | ● | ● | |
| | Medium | 430 | 33 | 9 | 19 | 59 | 930 | 439 | 15 | 65 | | | 🌶️ | ● | ● | |
| Seared turkey tenders with curried peanut sauce, braised napa cabbage, roasted butternut squash | Small | 350 | 32 | 16 | 25 | 24 | 1100 | 36 | 6 | 40 | | | | ● | ● | |
| | Medium | 410 | 43 | 16 | 39 | 30 | 1300 | 50 | 5 | 55 | | | | ● | ● | |
| All-natural lamb chop roasted garlic potatoes, roasted minted tomatoes, kale, agave carrots | Small | 240 | 17 | 8 | 28 | 18 | 420 | 16.9 | 5 | 55 | | | | | ● | |
| | Medium | 390 | 22 | 12 | 31 | 41 | 740 | 231 | 7 | 55 | | | | | ● | |
| Grass-fed sliced beef cauliflower mash, agave carrots, French green beans | Small | 260 | 19 | 13 | 42 | 18 | 900 | 169 | 5 | 55 | | | | | ● | |
| | Medium | 360 | 25 | 19 | 44 | 27 | 1060 | 23.6 | 6 | 75 | | | | | ● | |
| Grass-fed Angus fillet mignon roasted garlic potatoes, agave carrots, French green beans | Small | 330 | 26 | 12 | 31 | 33 | 900 | 82 | 7 | 60 | | | | | ● | |
| | Medium | 390 | 32 | 14 | 30 | 38 | 1810 | 98 | 8 | 75 | | | | | ● | |
| Seared lemon pork tenderloin preserved lemon, mint and butternut squash pesto, French green beans | Small | 280 | 26 | 11 | 36 | 18 | 1180 | 355 | 3 | 75 | | | | | ● | |
| | Medium | 380 | 33 | 15 | 35 | 29 | 1500 | 448 | 5 | 95 | | | | | ● | |
| Thai-style beef tenderloin salad all natural beef, cooked with a pink center, Asian mixed greens, lime-mint sauce (contains fish sauce) | Small | 220 | 23 | 6 | 25 | 17 | 1440 | 194 | 2 | 60 | | | 🌶️ | | ● | |
| | Medium | 330 | 34 | 13 | 34 | 23 | 1990 | 275 | 3 | 95 | | | 🌶️ | | ● | |
| Grass-fed buffalo, black bean chilli | Small | 290 | 34 | 15 | 6 | 15 | 370 | 60 | 10 | 45 | | | 🌶️ | ● | ● | |
| | Medium | 430 | 51 | 2 | 6 | 23 | 530 | 91 | 15 | 70 | | | 🌶️ | ● | ● | |

Daily Calories Recommended to Maintain Weight

Adult Female - 1700 calories per day
Adult Male - 2200 calories per day

Daily Calories Recommended by most Doctors and Deititians for Weight Loss

Adult Female - 1200 calories per day
Adult Male - 1900 calories per day

4 small Tru Meals per day equal approximately 1000 calories for women
4 medium Tru Meals per day equal approximately 1440 calories for men

So you can enjoy one of your favorite healthy snacks guilt free and still lose weight

Delivery is available Monday & Friday for all of Houston & Wednesday within 12 miles radius.
Please store meals in a cooler during transport to help maintain freshness.

Medical notes

Contact your doctor before starting any diet weight loss or exercise program. Medical supervision is suggested for persons who have a medical metabolic problem such as diabetes, a history of heart disease, kidney problems, etc. Drink plenty of purified water. It is a good practice to take a multivitamin/mineral tablet that contains 100% of the RDA. We recommend that you lose no more than two pounds per week.

Preservatives **Trans-Fat** **Additives** **Hormones**

Key: *Not prepared in a certified gluten free or nut free kitchen
**Wild caught Alaskan salmon available 95% of the time.

Note: Side items may change occasionally

Call today 713-579-9777 trumeals.com Open for pick-up 7 days a week 8 am - 8 pm Delivery Mon, Wed & Fri



Roasted harissa almond chicken breast

Pan-seared scallops over risotto

Cranberry steel-cut organic oatmeal

Sautéed Mahi-Mahi

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