

Menu

Lacto-Ovo Vegetarian

		Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Vegetarian chili	Small	290	23	3.5	9.5	47	390	225	13	0		DF	🌶️		●	5
	Medium	350	28	4	9.5	56	370	270	16	0		DF	🌶️		●	6
California salad with almonds, cranberries and bleu cheese	One size	192	8	10	44	21	460	156	4	16	GF				●	13
Soba noodle salad with tofu, almonds, mushrooms, leeks and an intense Vietnamese ginger sauce	One size	330	18	15	39	35	560	124	4	0	GF	DF			●	6
Spicy vegan BBQ sandwich whole wheat pita bread	One size	347	19	10	26	44	450	20	5	0		DF	🌶️🌶️🌶️		●	15
Raw salad with cashews	One size	160	5	7	35	23	170	145	5	0	GF	DF	🌶️		●	12
Poultry																
Morocan chicken green beans and carrots	One Size	410	33	8	12	53	660	276	10	65	GF		🌶️🌶️	●		12
Lebanese chicken roasted garlic hummus, minted grilled tomato, braised kale	Regular	233	27	8	32	13	515	230	3	63		DF	🌶️		●	4
	Medium	336	36	13	34	20	757	297	5	78		DF	🌶️		●	4
Hoisin chicken With soba noodles	One Size	330	25	10	16	37	810	322	4	45		DF	🌶️🌶️	●		9
Chicken Piccata over rice noodles with mixed vegetable	One Size	420	33	10	15	46	630	322	4	80	GF					4
Chicken Parmesan Whole Wheat linguini with green beans & carrots	One Size	421	46	9	14	36	630	141	8	105						9

HOW CAN I LOSE WEIGHT WITH TRU MEALS?

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

Daily Calories Recommended by most Doctors and Deititians for Weight Loss

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

Daily Calories Recommended to Maintain Weight

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

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

*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 pickup 7 days a week Mon - Fri 7am - 8:30pm, Sat 9am - 8:30pm, Sun 10am-8:30pm



Thai-style beef tenderloin salad



Roasted harissa almond chicken breast



Pan-seared scallops over risotto



Cranberry & blueberry steel-cut organic oatmeal



Sautéed Mahi-Mahi

Lunch & Dinner



Roasted harissa almond chicken
whipped yams, braised kale

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	270	27	10	32	19	430	259	4	65		DF	🌶️	●	●	4
Medium	340	34	12	32	25	450	329	5	80		DF	🌶️	●	●	6

Coriander crusted chicken breast
with roasted beets and mashed cauliflower

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	240	29	5	18	22	491	854	8	63		DF	🌶️		●	12
Medium	340	43	6.5	17	31	630	357	11	94		DF	🌶️		●	18

Lemon grass poached
chicken breast, green pea curry,
roasted bok-choy, whipped yams

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	240	27	6	21	21	430	259	4	65		DF	🌶️		●	7
Medium	360	36	8	20	35	530	369	7	80		DF	🌶️		●	13

Steamed Jamaican jerk chicken
roasted plantains, collard greens

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	291	26	3	10	42	406	205	4	63		DF	🌶️🌶️🌶️		●	23
Medium	330	33	4	11	43	435	251	5	78		DF	🌶️🌶️🌶️		●	23

Soba noodles salad with chicken,
almonds, Vietnamese ginger sauce

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
One size	330	27	12	33	31	380	251	3	45			🌶️	●	●	5

All-natural turkey chilli

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	267	20	5	18	37	584	274	9	41		DF	🌶️		●	5
Medium	427	33	9	18	59	934	439	15	66		DF	🌶️		●	8

Seared turkey tenders with curied peanut
sauce, braised napa cabbage, roasted butternut
squash

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	290	30	11	25	22	600	36	6	40		DF		●	●	4
Medium	370	41	12	27	31	830	61	6	55		DF		●	●	8

Meat

All-natural lamb chop
roasted garlic potatoes, roasted minted
tomatoes, kale, agave carrots

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	294	19	9	26	37	421	215	6	45		DF			●	17
Medium	338	23	10	27	41	433	257	6	57		DF			●	17

Grass-fed sliced beef
organic roasted carrots, roasted potatoes,
French green beans

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	240	19	13	42	13	480	169	6	55		DF			●	6
Medium	360	26	19	46	24	539	249	8	75		DF			●	12

Grass-fed Angus filet mignon
roasted garlic potatoes, agave carrots,
French green beans

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	274	25	8	25	29	402	75	7	60		DF			●	11
Medium	330	31	10	44	33	1060	23.6	7	75		DF			●	11

Seared lemon pork tenderloin
preserved lemon, mint and butternut
squash pesto, French green beans

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	240	26	8	29	18	530	338	4	75		DF			●	10
Medium	350	34	11	27	32	700	437	8	93		DF			●	18

Thai-style beef tenderloin salad
all natural beef, cooked with a pink center, Asian
mixed greens, lime-mint sauce (contains fish sauce)

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	212	23	6	25	16	515	193	2	58		DF	🌶️		●	10
Medium	365	34	13	32	27	789	275	3	95		DF	🌶️		●	18

Grass-fed buffalo, black bean
chili

	Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol		DF	Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Small	270	32	15	6	14	340	57	9	45		DF	🌶️		●	4
Medium	380	45	2	6	20	481	80	13	60		DF	🌶️		●	6



Key:

DF - Dairy Free
👍 - Customer Fav
GF - Gluten Free

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DELIVERY is available Monday & Friday Store meals in a cooler during transport to maintain freshness.

Menu

Breakfast

		Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol			Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
Scrambled organic mostly egg whites, house-made all-natural turkey sausage	\$5.25	Small	250	23	4.5	15	30	410	147	2	25	GF	DF		●	3
	\$5.95	Medium	330	27	6	16	41	480	197	3	40	GF	DF		●	3
Herb organic mostly egg white omelette, house-made all-natural turkey sausage, smoked salsa	\$5.45	Small	240	23	8	30	19	340	178	1	185	GF	DF	🌶️	●	3
	\$6.25	Medium	340	32	11	30	27	470	250	2	250	GF	DF		●	4
Shiitake mushroom omelette	\$7.50	One size	250	21	7	23	28	510	221	3	210	GF	DF		●	3
Organic cranberry and blueberry steel-cut oatmeal with organic rice protein powder	\$3.95	Small	260	16	2.5	10	48	10	4.5	6.5	0	GF	DF		●	22
	\$4.95	Medium	350	21	3	10	62	10	5.1	7	0	GF	DF		●	29
Organic cranberry walnut steel-cut oat pancakes with organic rice protein powder, agave syrup	\$4.95	Small	250	10	3	10	53	65	21	6	0	GF	DF	●	●	18
	\$5.50	Medium	380	15	4	10	80	100	31	8	0	GF	DF	●	●	27
Organic blueberry steel-cut oat pancakes with organic rice protein powder, agave syrup	\$4.95	Small	250	11	3.5	11	51	50	15	7	0	GF	DF		●	12
	\$5.50	Medium	380	16	5	11	76	80	23	10	0	GF	DF		●	18
👍 Tex-Mex Egg Scramble mostly egg whites, all natural chicken jalapenos, baked tortillas & salsa fresca	\$5.25	Small	270	24	7	21	27	450	177	4	40	GF		🌶️🌶️🌶️	●	11
	\$5.95	Medium	360	32	9	22.5	37	590	219	6	45	GF		🌶️🌶️🌶️	●	15
👍 Fabia's breakfast taco organic mostly egg whites, corn tortilla salsa verde and pico de gallo	\$4.95	Small	260	16	5	17	37	400	67	7	0	GF	DF	🌶️	●	4
	\$5.25	Medium	330	23	4.5	13	50	450	128	9	0	GF	DF	🌶️	●	5

Lunch & Dinner

Seafood

		Calories	G. Protein	G. Fat	% Fat	G. Carb	Mg Sodium	Mg Phos	G. Fiber	Mg Chol			Spicy	Contains Nut*	Diabetic Friendly	G. Sugar
👍 Scallops Over Organic Field Greens \$7.75 asparagus, organic greens, straw berries, fresh sea scallops	One size	400	36	12	27	38	850	452	3	80	GF	DF	🌶️		●	
	Small	304	25	12	46	25	755	297	6	62	GF	DF	🌶️🌶️		●	13
👍 Chamula Roasted Wild Caught Alaskan Salmon** \$10.95 caramelized fennel & sour apples, roasted carrots	Medium	347	31	14	36	25	807	356	7	78	GF	DF	🌶️🌶️		●	13
	Small	310	35	8	23	25	570	415	10	45	GF	DF	🌶️🌶️		●	2
Sushi-grade seared blackened tuna \$8.50 cooked pink to red center, roasted corn sauce, cannelloni beans & pancetta braised greens	Medium	360	42	10	24	27	760	497	10	56	GF	DF	🌶️🌶️		●	2
	One size	200	8	10	14	40	55	86	2	55	GF	DF	🌶️		●	32
Spicy Thai mango shrimp salad \$7.75 fresh mint leaves	Small	240	27	4.5	20.8	26	610	268	5	85	GF	DF	🌶️		●	4
	Medium	340	33	6	19.5	42	830	332	8	105	GF	DF	🌶️		●	7
Sautéed mahi-mahi \$7.50 kalamata olives, roasted tomato cooked in caper broth, roasted butternut squash	Small	210	23	5	25	18	520	340	3	50	GF	DF	🌶️		●	
	Medium	230	30	5	25	20	530	452	5	60			🌶️		●	
👍 Curry Fish \$7.50 coconut milk/curry/lemongrass sauce, braised fennel with ginger & spinach	Small	310	24	7	11	40	300	95	2	40	GF				●	1
	Medium	410	32	8	18	53	390	116	3	50	GF				●	1
👍 Pan-seared scallops over risotto \$9.95 asparagus	Small	280	25	9	29	25	580	258	4	62	GF	DF			●	13
	Medium	351	31	11	29	31	657	329	6	78	GF	DF			●	16
👍 Wild Caught Alaskan salmon Agave** \$10.50 roasted carrots, bok-choy with ginger	Small	290	12	15	46.5	33	210	186	6	45	GF	DF	🌶️	●	●	8
	Medium	351	31	11	29	31	657	329	6	78	GF	DF			●	16
👍 Butternut Squash Shrimp Salad \$6.75 sautéed shrimp, chunks of roasted butternut squash with Asian peanut sauce	One size	290	12	15	46.5	33	210	186	6	45	GF	DF	🌶️	●	●	8

Key GF - Gluten Free DF - Dairy Free 👍 - Customer Favorite

We're a cross between a personal chef, farmers market and dietitian. Our food is free of additives, preservatives, hormones, trans-fats and artificial colors. Our meals are always MADE FRESH in our kitchen with the finest natural ingredients. Organic whenever possible. Fresh produce, never frozen. Hormone-free meat always, and wild caught Alaskan salmon.



Sushi-grade seared blackened tuna



Organic steel-cut blueberry oat pancakes



Spicy Thai mango shrimp salad with fresh mint leaves

*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



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