

# Eat Clean Bro: December 2021 New Meals

written by Mike Roberto | December 6, 2021

Winter has come sooner than most of us had wanted, but time doesn't stop for our feelings. Thankfully, *Jamie Giovinazzo* and his team at **Eat Clean Bro** were ready, and have a fresh batch of new meals launched in *December 2021!*



In our previous article covering *ECB's Fall 2021 Meals*, we introduced a bunch of meals, and it looks like some of them are still available. Today, we do the same thing, because we still have the same two goals this month. Either you're...

1. **Trying to eat clean during the Christmas party season**
2. **BULKING!**

Regardless, Jamie and his team on the east coast have you covered with fresh meals cooked *daily* and delivered to select areas.

And if you're not sure what we're talking about, then you *must* listen to the absolutely epic episode of the PricePLOW Podcast with *Eat Clean Bro's founder Jamie Giovinazzo*, and read our introductory article titled *Eat Clean Bro: Fresh, Healthy Meals Delivered... Fresh!*

Before we dig into December 2021's latest and greatest, sign up for PricePLOW's Eat Clean Bro news alerts, which is how we discovered these:

# Eat Clean Bro Mom's Meatloaf – Deals and Price Drop Alerts

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## Eat Clean Bro's December 2021 New Meals and Updates

*Note – Meals will only be listed if they're still available:*



### Mom's Meatloaf

Honestly, we're a bit surprised that a meal like this didn't already exist – you get a traditional beef meatloaf that comes with garlic mashed potatoes and brussels sprouts alongside Eat Clean Bro's in-house homemade brown gravy.

760 calories, 47 grams of protein tells you where we're heading with this one – *bulking*.

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## Chicken Marsala

Now this one looks good – chicken marsala includes a marsala mushroom sauce, and Eat Clean Bro’s version adds it to a brown rice / green pea risotto.

680 calories, 66 grams of protein, bringing it a bit leaner.

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## • Upside-Down Turkey Shepherd’s Pie

In this very unique take on the winter classic meal, ECB puts ground turkey

combined with carrots, peas, corn, onion, and celery over a huge mound of parmesan mashed potatoes!

620 calories, 27 grams of protein, this one hits hard with 70 carbs from the potatoes and veggies.

## **Eat Clean Bro Upside-Down Turkey Shepherd's Pie – Deals and Price Drop Alerts**

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### **• Shrimp Oreganata**

We love Eat Clean Bro's shrimp meals, and this one looks like it'll be no different – a simple meal with gluten-free breadcrumb-covered shrimp on top of spinach.



We made this one part of our featured image for a reason!

380 calories, 40 grams of protein, this one *eats clean*.

## **Eat Clean Bro Shrimp Oreganata – Deals and Price Drop Alerts** **Get Price Alerts**

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- **Pesto Salmon**

A new salmon meal is always worth trying from ECB – this one comes with a side of honey ginger carrots and pesto brown rice.



700 calories, 42 grams of protein, and tons of omega-3.

**Eat Clean Bro Pesto Salmon – Deals and Price Drop Alerts**

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### • Turkey Corn Chowder

This meal disappeared before we could get this article up, but in case it comes back, it's listed below:

#### Eat Clean Bro Turkey Corn Chowder – Deals and Price Drop Alerts

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### • Veggie Chili with Walnut Crumble

This is a *bean* chili topped with walnut crumbles and served over steamed white rice. 560 calories and 16 grams of protein – it's a bit heavier in the carbs, as most vegetarian diets are.



## Eat Clean Bro Veggie Chili with Walnut Crumble – Deals and Price Drop Alerts

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## Butternut Squash Fajita Bowl

This is a *vegetarian* dish, since the butternut squash are what serve as the meat alternative here. Expect Eat Clean Bro's exquisite pico de gallo to bring the flavor up a few notches from what you're used to.

600 calories and 19 grams of protein with 74 grams of carbohydrates.

## Eat Clean Bro Butternut Squash Fajita Bowl – Deals and Price Drop Alerts

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## • Beef Meatloaf A la Carte

While we're adding meatloaf to the menu up above, we might as well get it on the *A la Carte* menu as well! If you want to add your own meatloaf to your own meals, like the pizza below, then have at it!

### Eat Clean Bro A La Carte - Beef Meatloaf – Deals and Price Drop Alerts Get Price Alerts

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## • New Cauliflower Pizza Box Flavor: *Plain!*



Finally, the Cauliflower Crust Pizza Box also has a new variation to join *meatball*, *broccoli ricotta*, and the currently-unavailable *Buffalo chicken* – it's not just *any* plain, but the **Ultimate Plain** Cauliflower Pizza kit. This kit includes two 4 oz Marinara Sauces, 4 oz Pesto, 4 oz parmesan cheese, two 4 oz mozzarella cheese, and a package of cauliflower pizza crust.

Build and bake your own, and add your own toppings as you see fit from the a la carte meat menu!

## Eat Clean Bro Cauliflower Crust Pizza Box – Deals and Price Drop Alerts

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Jamie Giovino of Eat Clean Bro joins the PricePLOW Podcast and shows us what it's really like to truly love your customers

## Merry Christmas, 2022 is almost here!

And we just have to repeat again, if you missed Episode #056 with Jamie Giovinazzo on the PricePLOW Podcast, go back and listen at your first chance.

After that, head on over to **EatCleanBro.com** and get in on the action – don't forget to use coupon code **PRICEPLOW** though!

Merry Christmas, Happy December, let's get ready for 2022 – sign up for our Eat Clean Bro news so that you get their latest and greatest in January and beyond:

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