

Eat Clean Bro: January/February 2022 Meals

written by Mike Roberto | January 31, 2022

Jamie Giovinazzo and his team at **Eat Clean Bro** came ready for 2022, and in a big way with a *dozen* new meals – and a few that we think will be keepers to stick around.



Eat Clean Bro January 2022 Meals have dropped!

We previously covered *ECB's Fall 2021 Meals* and their *December 2021 meals*, and we're back at it, this time with some New Year goals.

As always, Jamie and his team on the east coast are bringing fresh, *daily* cooked meals that get delivered fresh to select areas – and continue to expand.

If you need a general recap of their business model, then be sure to listen to the incredible PricePLOW Podcast episode with *Eat Clean Bro's founder Jamie Giovinazzo* and read our intro article titled *Eat Clean Bro: Fresh, Healthy Meals Delivered... Fresh!*

And don't forget to sign up for PricePLOW's Eat Clean Bro news alerts so that you can get alerted in time for the latest and greatest meals:

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Eat Clean Bro's January 2022 New Meals



Breakfast Bowl

The year starts off with a new breakfast bowl that has two slices of turkey bacon, scrambled eggs (topped with cheddar cheese), and roasted potatoes, all served with Eat Clean Bro's fresh and famous homemade pico de gallo.

This will start your day with 500 calories and 26 grams of protein.

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• Tuna Salad

Eat Clean Bro's finally got a tuna salad for you tuna heads – it features

chunk light tuna mixed with mayonnaise and spiced with celery, onions, carrots, vinegar, dijon mustard, salt, and pepper!

Note that the macros show 310 calories at 18 grams of protein, but that's only a *half* of a serving! So we're really looking at 620 calories at 36 grams of protein in a serving.

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Korean Beef & Rice Bowl

A great complement to the *General Bro's Chicken* discussed in our *Eat Clean Bro's Best Meals* article, this is an Asian-inspired beef and rice bowl that has steamed broccoli and crunchy edamame alongside it.

Comes in at 590 calories and 39 grams of protein.

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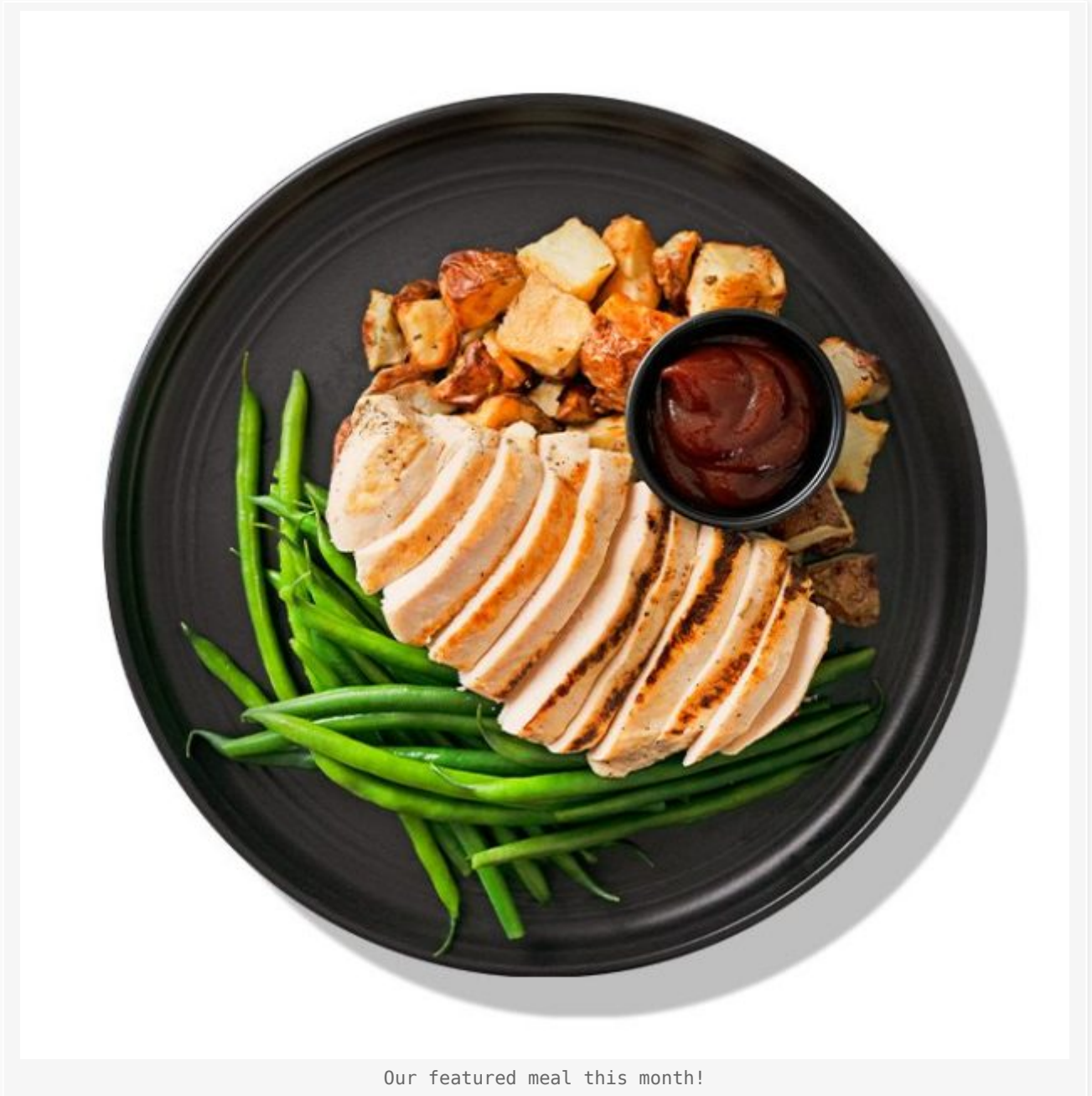
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- **The Renee Edgar**

You remember the *Frankie Edgar* from our article on Eat Clean Bro's most popular meals? Well here's his faithful counterpart – The *Renee Edgar*! If you want some white meat instead of the steak in Frankie's, this grilled seasoned chicken breast has you covered – served with roasted red potatoes, green beans, and homemade BBQ sauce (named "BR0-BQ sauce")!



Our featured meal this month!

Weighs in at 510 calories and 44 grams of protein.

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Veggie Fried “Rice”

Eat Clean Bro uses a vegetarian fried rice that’s low-glycemic, but uses *RightRice* which is a 90% vegetable-based rice. With mixed veggies, bean sprouts, egg, and a light soy sauce, you get a complete protein source here!

480 calories and 28 grams of protein.

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Shrimp Scampi

This one's on the lighter side – Eat Clean Bro's famous juicy shrimp made in a lemon-garlic sauce served over spaghetti squash.

Comes in at just 320 calories yet 35 grams of protein.

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• Citrus Honey Salmon



This savory seafood meal comes in far heavier!

Eat Clean Bro cooks a salmon filet with a homemade honey-citrus glaze, then adds orange-based white rice and asparagus on the side.

680 calories and 41 grams of protein in this one.

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- **Chicken Tex Mex Bowl**

No tortillas here, this Tex-Mex bowl has ground chicken cooked with bell peppers, tomatoes, onions, and black beans, then serves it over brown rice and tops it with cheddar cheese. Even better? A side of *pineapple* salsa!

Brings 510 calories alongside 27 grams of protein.

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Cranberry Walnut Chicken Salad Wrap

ECB has a signature cranberry walnut chicken salad, but this is the wrap! They use chicken breast, apples, craisins, and walnuts, then toss it all in low-fat “dijonnaise” and serve it with mixed greens in a whole-wheat wrap.

This beast brings 670 calories and 34 grams of protein.

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• Mushroom Marinara

Mushroom fan? Then this one’s *packed!* Eat Clean Bro uses whole wheat spaghetti, then tops it with their marinara sauce that has plenty of tomatoes, mushrooms, garlic, olive oil, and white wine reduction.

Just 470 calories, but comes in at a bit of a lighter 17 grams of protein – so you’ll want to add some a la carte beef to this one... and ECB’s got just the thing for you below!

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Two new a La Carte options

We've also got new *A La Carte* options available to pair with some of the new foods above:

- **A La Carte Beef Meatballs**

The perfect side for your mushroom marinara – this one is made from 90% lean ground beef and plenty of spices such as onions and garlic and a dash of *puffed brown rice* to pull it all together!



A smashing 42 grams of protein in just 440 calories here.

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- **A La Carte Beef Spaghetti Squash**

Another great way to pair your meatballs (you'll still need to add in marinara sauce), Eat Clean Bro does the hard work of making spaghetti squash for you here!

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Once again, listen to *Episode #056 with Jamie Giovinazzo* on the PricePLOW Podcast to hear the backstory.

Happy New Year – let's eat right in 2022 – Sign up for our Eat Clean Bro news alerts and get notified for future food drops!

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