

## NEW WEEKLY MENU 10/4– 10/10 (Ship Date: 10/9)

*Breakfast Entrée: \$9.25 plus tax*

- **Buttermilk Protein Waffle w/PB&J:** Protein: 22g Carbs: 40g Fats: 8g Cal: 320  
Ingredients: Protein Pancake Mix , Almond Milk, side of sugar free syrup, side of peanut butter, and sugar free jelly
- **Double Cheese Breakfast Wrap:** Protein:28g Carbs:49g Fat:16g Calories:452  
Ingredients: Egg whites, Cheddar Cheese, Mozzarella Cheese, Tortilla Wrap and Spices
- **Turkey Sausage Breakfast Scramble (low carb/keto)(GF):** Protein: 28g Carbs: 4g Fat: 17g Cal: 281  
Ingredients: Egg Whites, Cheddar Cheese, Turkey Sausage and Spices
- **Fruit & Yogurt Parfait (12 oz):** Protein: 16g Carbs: 42g Fat: 6g Calories: 286  
Ingredients: Nonfat Vanilla Yogurt, Blueberries, Strawberries, Raspberries, Fruit & Nut granola
- **Protein Oat Bowl: Chocolate Lovers:** Protein: 31g Carbs: 36g Fat: 10g Calories: 278  
Ingredients: Oats, Chocolate Whey Protein, Sugar Free Chocolate Chips (Just Add Water or Milk & Heat)
- **Protein Oat Bowl: Vanilla Cinnamon:** Protein: 31g Carbs: 36g Fat: 10g Calories: 278  
Ingredients: Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips (Just Add Water or Milk & Heat)
- **Protein Oat Bowl: Trail Mix:** Protein: 34g Carbs: 40g Fat: 15g Calories: 431  
Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

### *Entree Size:*

*Weight Loss \$9.75 plus tax*

*Muscle Gain: \$10.75 plus tax*

*Low Carb / Keto Friendly: \$10.25 plus tax*

*Lean N Green: \$14.75 plus tax*

*Turkey Burger: \$12.75 plus tax*

- **Garlic Buffalo Grilled Chicken Bowl:** Ingredients: Grilled Chicken, Basmati Rice, Broccoli, Garlic Buffalo Sauce and Spices

size: **Weight Loss(GF,DF)** Protein: 25g Carbs: 30g Fat: 5g Calories: 265

size: **Muscle Gain (GF, DF)**Protein: 40g Carbs: 42g Fat: 8g Calories: 400

size: **Low Carb/Keto Friendly (GF)** Protein: 35g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Grilled Chicken, Broccoli, Cheddar Cheese, Garlic Buffalo Sauce and Spices

- **Creamy Provolone Chicken Bowl:** Ingredients: Shredded Chicken Breasts, Orzo, Provolone Cheese, Mushrooms, Kale, Cream Sauce, Herb Breadcrumbs

size: **Weight Loss** Protein:27g Carbs:32g Fat:12g Calories:344

size: **Muscle Gain** Protein:47g Carbs:47g Fat:16g Calories:492

size: **Low Carb/Keto Friendly Protein:**36g Carbs:14g Fat:19g Calories:371

Ingredients: Shredded Chicken Breast, Provolone Cheese, Mushrooms, Kale, Cream Sauce, Herb Breadcrumbs

- **Philly Cheese Bowl: (GF)** Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese and Spices

size: **Weight Loss** Protein 28g Carbs 28g Fats 8g Cal 296

size: **Muscle Gain** Protein 45g Carbs 40g Fats 14g Cal 482

size: **Low Carb/Keto Friendly Protein** 36g Carbs 14g Fats 12g Cal 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese and Spices

- **Turkey Meatloaf Bowl (DF): Ingredients:** Ground Turkey, Potato, Green Beans, Egg, Oatmeal, Bell Peppers, Tangy Tomato Sauce, Onions and Spices

size: **Weight Loss** Protein 27g Carbs 37g Fats 6g Cal 310

size: **Muscle Gain** Protein 40g Carbs 47g Fats 9g Cal 429

size: **Low Carb/Keto Friendly:** Protein 32g Carbs 12g Fats 10g Cal 270

Ingredients: Ground Turkey, Green Beans, Bell Peppers, Egg, Oatmeal, Onion, Tangy Tomato Sauce and Spices

- **Teriyaki Chicken Bowl (DF):** Ingredients: Chicken Breast, Basmati Rice, Mixed Veggies, Soy Sauce, Teriyaki Sauce, Spices

Size: **Weight Loss (DF)** Protein 26g Carbs 32g Fats 5g Cal 277

Size: **Muscle Gain (DF)** Protein 40g Carbs 44g fat 8g Cal 408

Size: **Low Carb (DF)** ) Protein 31g Carbs 15g Fats 7g Cal 247  
Ingredients: Chicken Breast, Mixed Veggies, Soy Sauce, Teriyaki Sauce and Spices

**-Shrimp & Sauteed Broccoli (Lean N' Green) (GF, DF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chii Sauce and Spices: Gluten Free & Dairy Free  
size: **Lean N Green (Low Carb)** Protein: 34g Carbs:14g Fats:10g Calories: 282

**-Turkey Burger with Sweet Potato Mash (GF, DF):** Ingredients: Ground Turkey, Sweet Potato, Onions, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup)  
size: **Muscle Gain:** Protein: 40g Carbs: 40g Fat: 9g Calories: 401

### **Wraps \$10.25 plus tax.**

**-Garlic Buffalo Grilled Chicken Wrap:** Protein 42g Carbs 48g Fats 14g Cal 486  
Ingredients: Grilled Chicken, Tortilla Wrap, Cheddar Cheese, Garlic Buffalo Sauce

**-Philly Cheese Wrap:** Protein: 40g Carbs: 50g Fat: 20g Calories: 532  
Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone, Mozzarella Cheese

**Turkey Meatloaf Wrap:** Protein 44g Carbs 48g Fat 16g Cal 512  
Ingredients: Turkey meatloaf, Mozzarella Cheese, Tortilla, Tangy Tomato Sauce and Spices

**BBQ Beef Wrap:** Protein 42g Carbs 48g Fat 16g Cal 504

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap and BBQ sauce

### **Snacks \$6.50 plus tax**

**- Cookies & Cream Protein Donut:** Protein: 24g Carbs: 28g Fat: 8g Calories: 280  
Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Cookies and Coconut Oil

**- Orange Dream Protein Poppers:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract and Coconut Oil

**- Pumpkin Spice Protein Cookies:** Protein: 12g Carbs: 42g Fat: 4g Cal 252  
Ingredients: Oat Flour, Pumpkin, Apple Sauce, Egg Whites, Whey Protein Powder, Baking Soda, Cinnamon, Pumpkin Spice, Splenda, and Salt

**-S'mores Protein Bar:** Protein: 24g Carbs: 32g Fat: 11g Calories: 323  
Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Marshmallows, Graham Cracker Crumble, Sugar Free Chocolate Flavoring and Coconut Oil

**-Candy Bar Keto Fudge(GF):** Protein: 15g Carbs: 9g Fats: 28g Calories: 348  
Ingredients: Organic Coconut Oil, Peanut Butter, Peanuts, Chocolate Whey Protein, Sugar Free Caramel, Sugar free Chocolate Flavoring

### **Vegetarian/Vegan Menu Entrée \$10.25 plus tax**

**Vegan Shrimp and Broccoli (DF):** Protein: 10g Carbs 52g Fats 6g Calories: 302  
Ingredients: Plant Based Shrimp, Seasoned Basmati Rice, Broccoli, Bell Peppers, Sweet Chili Sauce

**Garlic Buffalo Chickpea Bowl (GF,DF):** Protein:16g Carbs:50g Fats:12g Calories:374  
Ingredients: Chickpeas, Basmati Rice, Broccoli, Garlic Buffalo Sauce, Spices

**Stuffed Zucchini Boats(GF):** Protein: 21g Carbs: 36g Fat: 11g Calories: 307  
Ingredients: Zucchini, Chickpea Puree, Marinara Sauce, Spinach, Parmesan & Mozzarella Cheese, Garlic and Spices

**Sweet & Sour Tofu Wrap-Vegan:** Protein: 18g Carbs: 58g Fat: 12g Calories: 412  
Ingredients: Crumbled Tofu, Tortilla Wrap, Shredded Carrots, Sauteed Onions, Broccoli, Sweet & Sour Sauce

### **Long Life Kids Meals \$8.25 plus tax**

**Chicken Taco Melt w/ Sweet Corn:** Protein 16g Carbs 32g Fat: 8g Cal 264  
Ingredients: Basmati Rice, Shredded Chicken, Sweet Corn, Cheddar, Taco Seasoning (Juice Box, Protein Popper)

**Spaghetti Bowl w/ Green Beans:** Protein 14g Carbs 36g Fat: 4g Cal 236  
Ingredients: Noodles, Ground Turkey, Marinara, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)

**Chicken Nuggets & Home Fries Bowl:** Protein: 10g Carbs: 32g Fat: 11 Calories: 299  
Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas and Seasoning (Juice Box, Protein Popper)

### **Gourmet Nut Butters \$11.20 plus tax**

**Cinnamon Spice Almond Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180  
Ingredients: Almonds, Cinnamon, Spices

**Chocolate Almond Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Calories: 190  
Ingredients: Almonds, Coconut Oil, Cocoa

**Honey Cinnamon Peanut Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180  
Ingredients: Peanuts, Honey, Cinnamon