

NEW WEEKLY MENU 9/27– 10/3 (Ship Date: 10/2)

Breakfast Entrée: \$9.25 plus tax

- Cinnamon Raisin Protein Waffle: Protein: 22g Carbs: 50g Fats: 8g Cal: 360

Ingredients: Protein Pancake Mix, Raisins, Cinnamon and Almond Milk

-Western Breakfast Omelet (GF): Protein:32g Carbs:6g Fat:14g Calories:296

Ingredients: Egg whites, Egg, Bacon, Onion, Mozzarella, Bell Peppers, Spices (Gluten Free)

Size: Low Carb (Keto) (GF)

-Breakfast Burrito: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, Tortilla Wrap 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

-Chicken Enchiladas w/ Salsa Verde Sauce: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos and Fresh Cilantro

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

size: **Muscle Gain** Protein: 40g Carbs: 43g Fat: 8g Calories: 364

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Calories: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro and Spices

-Fajita Chicken Bowl : Ingredients: Grilled Chicken Breasts, Basmati Rice, Bell Peppers, Onions, Cilantro, Mozzarella Cheese and Spices

size: **Weight Loss (GF)** Protein:27g Carbs:30g Fat:8g Calories:300

size: **Muscle Gain (GF)** Protein:42g Carbs:40g Fat:10g Calories:418

size: **Low Carb/Keto Friendly (GF)** Protein:40g Carbs:12g Fat:20g Calories:388

Ingredients: Grilled Chicken Breast, Cauliflower Rice, Bell Peppers, Onions, Cilantro, Mozzarella Cheese and Spices

-Egg Roll in A Bowl (DF) : Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions, Side: Sweet and Sour Sauce

size: **Weight Loss** Protein 26g Carbs 29g Fats 6g Cal 274

size: **Muscle Gain** Protein 40g Carbs 41g Fats 8g Cal 388

size: **Low Carb/Keto Friendly** Protein 32g Carbs 11g Fats 7g Cal 271

Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

-Italian Chicken W/Cheese Tortellini: Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

size: **Weight Loss** Protein 29g Carbs 36g Fats 8g Cal 332

size: **Muscle Gain** Protein 42g Carbs 49g Fats 10g Cal 454

size: **Low Carb/Keto Friendly: (GF)** Protein 32g Carbs 13g Fats 9g Cal 261

Ingredients: Roasted Chicken, Zucchini, Marinara, parmesan Cheese

-Sizzlin' Steak Skillet (Lean N' Green) (GF, DF): Ingredients: Grilled Lean Steak, Onions, Peppers, Carrots, Mushrooms, Kale, Spices: Gluten Free & Dairy Free

size: **Lean N Green (Low Carb)** Protein: 34g Carbs:14g Fats:10g Calories: 282

Sweet & Spicy Meatballs w/Potato Mash: Ingredients: Ground Beef, Potato Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

Size: **Weight Loss (GF,DF)** Protein 25g Carbs 31g Fats 8g Cal 296

Size: **Muscle Gain (GF,DF)** Protein 40g Carbs 46g Fats 11g Cal 443

Size: **Low Carb (GF,DF)** Protein 35g Carbs 15g Fats 10g Cal 290

Ingredients: Ground Beef, Cauliflower Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onions, Sweet and Spicy Sauce

-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

-Chicken Enchilada Wrap: Protein 40g Carbs 50g Fats 14g Cal 486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap and Spices

-Fajita Chicken Wrap: Protein 40g Carbs 50g Fats 12g Cal 486

Ingredients: Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella, Cilantro, Tortilla Wrap and Spices

-Beef Meximelt Wrap: Protein 42g Carbs 50g Fats 20g Cal 548

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, Salsa, Black Beans and Taco Seasoning

-BBQ Turkey Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Ground Turkey, Cheddar Cheese, BBQ Sauce and Tortilla Wrap

Snacks \$6.50 plus tax

- Marble Cake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Calories: 205

Ingredients: Sugar Free Cake Mix, Egg Whites, Whey Protein, Coconut Oil, Splenda, and Chocolate Chips

- Pumpkin Spice Protein Poppers: Protein: 24g Carbs: 24g Fat: 8g Calories: 268

Ingredients: Sugar Free Baking Mix, Whey Protein, Eggs, Coconut Oil, Pumpkin and Pecans

- Trail Mix Energy Bites: Protein: 15g Carbs: 42g Fat: 22g Cal 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries and Raisins

-Chocolate Peanut Butter Keto Fudge GF): Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Whey Protein, Sugar Free Chocolate Flavoring

-Banana Nut Protein Bar with Caramel Drizzle: Protein: 18g Carbs: 29g Fats: 12g Calories: 296

Ingredients: Banana Nut Protein Baking Mix, Eggs, Almond Milk, Whey Protein and Sugar Free Caramel Sauce

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

Tofu Egg in a Bowl (DF): Protein: 15g Carbs 45g Fats 8g Calories: 312

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce and Spices

Italian Chick pea with Tortellini-Vegetarian : Protein:16g Carbs:50g Fats:12g Calories:374

Ingredients: Chickpeas, Cheese Tortellini, Marinara, Spinach, Mozzarella and Spices

Vegan Fajita Bow (GF,DF): Protein: 12g Carbs: 50g Fat: 5g Calories: 293

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers, Cilantro and Fajita seasoning

Roasted Veggie Skillet(GF, DF): Protein: 10g Carbs: 47g Fat: 5g Calories: 213

Ingredients: Roasted Red Potato, Onion, Peppers, Kale, Carrots, Mushrooms, Spices

Long Life Kids Meals \$8.25plus 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