

NEW WEEKLY MENU 11/22– 11/28(Ship Date: 11/27)

Breakfast

-Buttermilk Protein Pancakes w/ Nutella: Protein: 23g Carbs: 45g Fat: 12g Calories: 380

Ingredients: Protein Pancake Mix, Almond Milk, Chocolate Hazelnut Spread on the side, Sugar Free Syrup on the Side

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

Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, Spices

-Breakfast Burrito: Protein: 28g Carbs: 49g Fat: 16g Calories: 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

-Thai Peanut Chicken Bowl:(GF/DF) Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Peanut Butter, Sweet Chili Sauce, Spices

size: **Weight Loss** Protein 28g Carbs 35g Fat 8g Cal 324

size: **Muscle Gain Protein** 45g Carbs 50g Fats 11g Cal 479

size: **Low Carb/Keto Friendly (GF)** Protein 33g Carbs 14g Fats 18g Cal 350

Ingredients: Chicken Breast, Mixed Vegetables, Peanut Butter, Sweet Chili Sauce and Spices

-Lemon Pepper Chicken (DF): Ingredients: Chicken Breast, Orzo, Peas, Lemon Pepper, Olive Oil and Spices

size: **Weight Loss** Protein: 28g Carbs: 38g Fat: 5g Calories: 309

size: **Muscle Gain** Protein: 42g Carbs: 50g Fat: 8g Calories: 440

size: **Low Carb/Keto Friendly (GF/DF)** Protein: 32g Carbs: 15g Fat: 8g Calories: 276

Ingredients: Chicken Breast, Peas, Olive Oil, Lemon Pepper and Spices

-Garlic Buffalo Grilled Chicken: Ingredients: Grilled Chicken, Basmati Rice, Broccoli, Garlic Buffalo Sauce, Spices.

size: **Weight Loss** Protein:25g Carbs:30g Fat:5g Calories:265

size: **Muscle Gain** Protein:40g Carbs:42g Fat:8g Calories:400

size: **Low Carb/Keto Friendly (GF)** Protein:35g Carbs:10g Fat:12g Calories:288

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

-Loaded Smashed Potato Bowl (GF): Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices. 1oz Cup of Greek Yogurt on the side

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 9g Calories: 309

size: **Muscle Gain** Protein: 45g Carbs: 49g Fat: 12g Calories: 484

size: **Low Carb/Keto Friendly:** Protein: 38g Carbs: 14g Fat: 14g Calories: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices. 1oz Cup of Greek Yogurt on the side

-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 Calories: 296

Size: **Muscle Gain** Protein: 45g Carbs: 40g Fats: 14g Calories: 482

Size: **Low Carb** Protein: 32g Carbs: 12g Fats: 12g Calories: 284

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

-Shrimp and Sautéed Broccoli L’N’G’(GF) (DF): Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

Protein:30g Carbs: 17g Fats: 8g Calories: 260

-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

- Thai Peanut Chicken Wrap (DF):** Protein: 38g Carbs: 52g Fat: 14g Calories: 486
Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce and Spices
- Garlic Buffalo Chicken Wrap:** Protein:42g Carbs:48g Fat:14g Calories 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 Chili Wrap:** Protein 35g Carbs 53g Fats 15g Cal 487
Ingredients: Ground Turkey, Tortilla Wrap, Beans, Chili Sauce, Green Peppers, Cheddar Cheese and Spices

Snacks

- Lemon Cake Protein Donut:** Protein: 24g Carbs: 17g Fat: 5g Calories: 205
Ingredients: sugar free baking mix/ frosting, egg white, whey protein, coconut oil, lemon extract, lemon
- Double Chocolate Protein Poppers:** Protein: 22g Carbs: 22g Fats: 5g Calories: 221
Ingredients: Sugar free baking mix, Whey Protein, Eggs, Coconut Oil, Chocolate Chips, Sugar Free Pudding Mix
- Chocolate Chip Protein Bar:** Protein: 23g Carbs: 35g Fat: 12g Calories: 340
Ingredients: High Protein Whole Grain Baking Mix, Almond Milk, Coconut Oil, Eggs, Chocolate Chips and Whey Protein
- Trail Mix Energy Bite (GF):** Protein: 15g Carbs: 42g Fat: 22g Calories: 418
Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries and Raisins
- Pumpkin Cranberry Protein Cookies:** Protein 9g Carbs 39g Fats 12g Cal 300
Ingredients: Pumpkin Puree, Oat Flour, Oats, Whey Protein, Cranberries, Sugar Free White Chocolate Chips, Egg, Butter, Brown Sugar, Vanilla Extract, Baking Soda, Salt

Vegetarian/Vegan Menu Entrée

- Thai Peanut TOFU Bowl(DF)(GF):** Protein: 15g Cabs: 45g Fat: 10g Calories: 330
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut Sauce, Spices
- Loaded Smashed Potato Bowl (GF):** Protein: 16g Carbs: 50g Fat: 12g Calories: 372
Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices.1oz Cup of Greek Yogurt on the side
- Philly Cheese Lentil Bowl (GF) :** Protein: 20g Carbs: 48g Fat: 12g Calories: 380
Ingredients: lintels, brown rice, green bell peppers, onion, mozzarella, Worcestershire sauce, spice
- Lemon Pepper Chickpea Bowl (DF):** Protein: 16g Carbs: 50g Fat: 12g Calories: 374
Ingredients: Chickpeas, Orzo, Peas, Olive Oil, Lemon Pepper Sauce

Long Life Kids Meals

- 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

- 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

