

NEW WEEKLY MENU 12/6– 12/12(Ship Date: 12/11)

Breakfast

-Chocolate Chip Protein Waffle: Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients: protein pancake mix, chocolate chips, almond milk

-Ham and Cheese Breakfast Omelet (GF): Protein: 32g Carbs: 2g Fat: 14g Calories: 280

Ingredients: Egg whites, Egg, Ham, Cheddar Cheese, Mozzarella Cheese, Spices

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Tortilla Wrap and Spices

- 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

-Garlic Parm Chicken Bowl(GF) Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss** Protein 26g Carbs 30g Fats 6g Cal 274

size: **Muscle Gain** Protein 40g Carbs 45g Fats 9g Cal 421

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 14g Calories: 302

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

-Turkey Meatball & Spaghetti: Ingredients: Ground Turkey Meatballs, Spaghetti Noodles, Marinara Sauce, Spinach, Parmesan Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fats: 8g Calories: 330

size: **Muscle Gain** Protein: 42g Carbs: 48g Fats: 10g Calories: 450

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fats: 14g Calories: 306

Ingredients: Ground Turkey Meatballs, Zucchini, Marinara Sauce, Mozzarella Cheese, Parmesan Cheese, Spices

-Buffalo Shredded Chicken Bowl:(GF) Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables,

Buffalo Sauce and 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: 20g Calories: 380

Ingredients: Shredded Chicken Breast, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese and Spices

-Korean Beef Bowl(DF): Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds and Korean Sauce

size: **Weight Loss** Protein: 25g Carbs: 36g Fat:9g Calories: 325

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 14g Calories: 412

size: **Low Carb/Keto Friendly:** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce and Sesame Seeds

-Teriyaki Chicken Bowl: Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

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

Size: **Muscle Gain** Protein 40g Carbs 44g Fats 8g Cal 408

Size: **Low Carb** Protein 31g Carbs 15g Fats 7g Cal 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

-Steak & Greens L'N'G' (GF/DF): Ingredients: Grilled Lean Steak, Green Beans, Sautéed Onions, Sliced Almonds, Spices

Size: Lean & Green Protein:35g Carbs: 12g Fat: 12g Calories:296

-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

-Garlic Parmesan Chicken Wrap : Protein: 41g Carbs: 50g Fat: 10g Calories: 454

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce and Spices

-Turkey Meatball Wrap: Protein: 44g Carbs: 48g Fat: 16g Calories: 512

Ingredients: Ground Turkey Meatballs, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce, Spices

-Buffalo Shredded Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Calories: 486

Ingredients Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

-Sweet & Spicy Beef Wrap: Protein: 40g Carbs: 54g Fat: 20g Calories: 500

Ingredients: Ground Beef, Mozzarella Cheese, Spinach and Herb Tortilla Wrap, BBQ Sauce, Cayenne Pepper

Snacks

Orange Dreamsicle Protein Donut: Protein: 25g Carbs: 22g Fat: 5g Calories: 229

Ingredients: SUGAR FREE CAKE MIX, SUGAR FREE ORANGE JELLO, VANILLA WHEY PROTEIN, EGG WHITES and SUGAR FREE PROTEIN FROSTING

- Blueberry Protein Poppers: Protein: 20g Carbs: 24g Fat: 12g Calories: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and Keto White Chocolate Chip

- Cinnamon Swirl Protein Bar: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients Sugar free baking mix, whey protein, coconut oil, egg, almond milk and Splenda

-Butter Pecan Keto Fudge(GF): Protein: 15g Carbs: 7g Fat: 28g Calories: 496

Ingredients: Pecans, Peanut Butter, butter pecan whey protein, coconut oil, splenda

-Cherry Chocolate Energy Bites: Protein: 25g Carbs: 24g Fats: 22g Calories: 394

Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

Vegetarian/Vegan Menu Entrée

Korean Tofu Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Brown Rice, Broccoli Shredded Carrots, Korean Sauce, Sesame Seeds

Garlic Parmesean Chickpea Bowl(GF): Protein: 14g Carbs: 57g Fat: 4g Calories: 320

Ingredients :Chickepeas, Orzo, Green Beans, Garlic Parmesan Sauce, Spices

Vegan Meatballs w/ Spaghetti : Protein: 18g Carbs: 56g Fat: 8g Calories: 368

Ingredients: Spaghetti Pasta, Black Beans, Oats, Bell Pepper, Spinach, Marinara, Spices

Roasted Veggie Skillet(GF/DF): Protein 18g Carbs 42g Fats 6g Cal 294

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

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