

NEW WEEKLY MENU 05/22/24– 05/28/24(Ship Date: 05/27/24)

Breakfast

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

Ingredients: protein pancake mix, chocolate chips, almond milk

-Double Cheese Breakfast Omelet (GF): Protein: 28g Carbs: 4g Fat: 18g Calories: 290

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

- Ham, Egg White and Cheese Breakfast Wrap : Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Ham, Cheddar 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)

ENTREES

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and Spices

size: Weight Loss : Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: Muscle Gain: Protein: 48g Carbs: 42g Fat: 18g Calories: 490

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

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce and Spices

- Jerk Grilled Bowl: Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: Weight Loss Protein: 25g Carbs: 30g Fats: 6g Calories: 274

size: Muscle Gain Protein:40g Carbs:48g Fat:9g Calories:424

size: Low Carb/Keto Friendly (GF) Protein: 38g Carbs: 12g Fats: 18g Calories: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce and Spices

-Honey Sriracha Chicken Bowl : Ingredients: Shredded Chicken, Honey Sriracha Sauce, Brown Rice, Mixed Vegetables and Spices

size: Weight Loss Protein: 28g Carbs: 38g Fat: 3g Calories: 291

size: Muscle Gain Protein: 42g Carbs: 52g Fat: 5g Calories: 425

size: Low Carb/Keto (GF) Protein: 32g Carbs: 14g Fat: 3g Calories: 211

Ingredients: Shredded Chicken, Honey Sriracha Sauce, Mixed Vegetables and Spices

-Taco Turkey Bowl (GF) Ingredients: Ground turkey, seasoned brown rice, spinach, cheddar, taco seasoning, Salsa

Size: Weight Loss Protein: 25g Carbs: 25g Fat: 11g Calories: 299

Size: Muscle Gain Protein: 40g Carbs: 40g Fat: 16g Calories: 464

Size: Low Carb (GF) Protein: 36g Carbs: 12g Fat: 20g Calories: 372

Ingredients: Ground turkey, corn, spinach, cheddar, taco seasoning, Salsa

-Rosemary Chicken Bowl: (GF)(DF) Ingredients: Rosemary Roasted Chicken Breast, Quinoa, Kale, Rosemary Sauce

Size: Weight Loss Protein: 25g Carbs: 35g Fat: 3g Calories: 267

Size: Muscle Gain Protein: 40g Carbs: 55 Fat: 5g Calories: 425

Size: Low Carb (GF) Protein: 32g Carbs: 12g Fat: 12g Calories: 284

Ingredients: Rosemary Roasted Chicken Breast, Kale, Rosemary Sauce

-Philly Cheese Protein Pockets : (2 Per Container) Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, and seasonings Macros Per Pocket: Protein: 23g Carbs:49 Fats: 13g Calories: 405

-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

-Hibachi Skillet with Brown Rice (GF/DF): Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce, Spices **size: Muscle Gain:** Protein: 37g Carbs: 49g Fat: 10g Calories: 434

Lean & Green Entrees

-Steak N' Greens LNG'(DF)(GF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices

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

-Shrimp and Sauteed Broccoli with Sweet Chili LNG'(DF)(GF): Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

Size: Lean & Green Protein:30g Carbs: 17g Fats: 8g Calories: 260

Wraps

-Honey Sriracha Chicken Wrap : Protein: 38g Carbs: 58g Fat: 8g Calories: 456

Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella Cheese on a Tortilla Wrap

- Taco Turkey Wrap: Protein: 42g Carbs: 50g Fat: 20g Calories: 548

Ingredients: Ground turkey, tortilla, salsa, cheddar cheese, taco seasoning

-Italian Beef Wrap: Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Ground beef, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce and Spices

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

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap 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

Cookies and Cream Protein Poppers: Protein: 24g Carbs: 28g Fat: 8g Calories: 280

Ingredients: Sugar free cake mix, Whey Protein, Egg whites, Cookie, and Coconut Oil

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

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

-White Chocolate Raspberry Energy Bites (GF) : Protein: 15g Carbs: 34g Fats: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

-Candy Bar Keto Fudge : Protein: 15g Carbs: 9g Fat: 28g Calories: 348

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

Vegetarian/Vegan Menu Entrée

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Calories: 386

Ingredients: Zucchini, Mozzarella Cheese, Pasta, Marinara, Greek Yogurt, Parm , Spinach and Spices.

-Rosemary Chickpea and Kale Bowl (GF)(DF) : Protein: 18g Carbs: 40g Fats: 8g Calories: 304

Ingredients: Roasted Chick Peas, Orzo, Kale, Olive Oil, Rosemary, Spices

-Black Bean Burger with Sweet Potato Mash: (DF) Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, and Spices. (Side Spicy Ketchup)

-Spicy Bean and Lentil Bowl (GF)(DF): Protein: 16g Carbs: 64g Fat: 6g Calories: 360

Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach and 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, Parm5esan, 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