

NEW WEEKLY MENU 05/29/24– 06/04/24(Ship Date: 06/03/24)

Breakfast

-Banana Nut Protein Waffles : Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon and Walnuts

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

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

- Double 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)

ENTREES

-Fajita Chicken Bowl (GF) Ingredients: Grilled Chicken, Basmati Rice, Sauteed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

size: Weight Loss : Protein: 27g Carbs: 30g Fats: 8g Calories: 300

size: Muscle Gain: Protein: 42g Carbs: 40g Fats: 10g Calories: 418

size: Low Carb/Keto Friendly (GF) Protein: 9g Carbs: 39g Fats: 12g Calories: 300

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

- Beef Stroganoff Bowl: Ingredients: Ground Beef, Orzo, Green Beans, Creamy Mushroom Sauce, Garlic and Spices

size: Weight Loss Protein 25g Carbs 36g Fats 9g Cal 325

size: Muscle Gain Protein 40g Carbs 48g Fats 14g Cal 478

size: Low Carb/Keto Friendly (GF) Protein 34g Carbs 12g Fats 10g Cal 322

Ingredients: Ground Beef, Green Beans, Creamy Mushroom Sauce, Garlic and Spices

-Turkey Chili Bowl (GF) : Ingredients Ground Turkey, Brown Rice, Beans, Chili Sauce, Green Peppers, Cheddar Cheese and Spices

size: Weight Loss Protein: 26g Carbs: 28g Fat: 10g Calories: 322

size: Muscle Gain Protein: 46g Carbs: 45g Fat: 9g Calories: 448

size: Low Carb/Keto (GF) Protein: 38g Carbs: 13g Fat: 18g Calories: 366

Ingredients: Ground Turkey, Green Beans, Beans, Chili Sauce, Green Peppers, Cheddar Cheese and Spices

-Honey Mustard Chicken Bowl (GF)(DF) Ingredients: Roasted chicken breast, sweet potato mash, seasoned broccoli, honey mustard and spices

Size: Weight Loss Protein: 26g Carbs: 32g Fat: 5g Calories: 277

Size: Muscle Gain Protein:40g Carbs:44g Fat:8g Calories:408

Size: Low Carb (GF) Protein: 31g Carbs: 15g Fat: 7g Calories: 247

Ingredients: : Roasted chicken breast, seasoned broccoli, honey mustard, spices

-Chicken Enchilada with Salsa Verde Bowl: 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: 30g Carbs: 43 Fat: 8g Calories: 364

Size: Low Carb (GF) Protein: 34g Carbs: 15g Fat: 12g Calories: 264

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

-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

-“ The Prodigy Bowl” Signature Meal of Mr. Olympia 212 (GF/DF): Ingredients: Lean Ground Beef, Garlic Potato Mash, Seasoned Asparagus **size: Muscle Gain:** Protein: 41g Carbs:46g Fats: 11g Calories: 447

Lean & Green Entrees

-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

-Fajita Chicken Wrap : Protein: 40g Carbs: 50g Fat: 12g Calories: 486

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

- BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Calories: 504

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, BBQ Sauce

-Honey Mustard Chicken Wrap: Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Oven roasted chicken breast, tortilla wrap, mozzarella cheese and honey mustard

-Chicken Enchilada Wrap : Protein:40g Carbs:50g Fat:14g Calories:486

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

Snacks

-Strawberry Shortcake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Calories: 205

Ingredients: Sugar free baking mix, sugar free protein frosting, sugar free jello, egg white, whey protein, strawberry extract

-Very Vanilla Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Vanilla Extract

-Double Fudge Protein Brownie: Protein: 24g Carbs:36g Fats:14g Calories: 366

Ingredients: Sugar Free Baking Mix, Sugar free Protein Frosting, Egg, Whey Protein Powder, Sugar Free Chocolate Chips

-Trail Mix Energy Bites (GF) : Protein: 15g Carbs: 42g Fats: 22g Calories: 418

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

-Salted Caramel Keto Fudge(GF) : Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Whey Protein, Sugar Free Caramel, Sugar Free Vanilla Flavoring, Salt

Vegetarian/Vegan Menu Entrée

-Vegan Fajita Bowl (GF/DF) : Protein: 12g Carbs: 50g Fat: 5g Calories: 293

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

-Veggie Chili Bowl (GF) : Protein 22g Carbs 46g Fats 18g Cal 434

Ingredients: Beans, cheddar cheese, chili sauce, brown rice, green beans, green onion, spices

-Teriyaki Tofu Bowl (DF): Protein 15g Carbs 45g Fats 8g Cal 312

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki Sauce

-Jerk Spiced Chick Pea Bowl (GF)(DF): Protein: 18g Carbs 47g Fats 4g Calories: 296

Ingredients: Chick Peas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce 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, 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