

NEW WEEKLY MENU 05/18/24– 05/14/24(Ship Date: 05/13/24)

Breakfast

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

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk and Fresh Blueberries

-Turkey Sausage Breakfast Scramble (GF): Protein: 28g Carbs: 4g Fat: 17g Calories: 281

Ingredients: Egg Whites, Cheddar Cheese, Turkey Sausage and Spices

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

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

Ham, Egg and Cheese Breakfast Pocket Protein: 24g Carbs:31 Fats: 9g Calories: 301 (Macros Per Pocket)

Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, 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

-Mesquite Chicken Bowl : (GF) Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli and Spices

size: **Weight Loss Protein:** Protein: 25g Carbs: 27g Fats: 3g Calories: 235

size: **Muscle Gain Protein:** Protein:40g Carbs:40g Fat:5g Calories:365

size: **Low Carb/Keto Friendly (GF)(DF)** Protein: 38g Carbs: 12g Fats: 14g Calories: 318

Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese and Spices

-Honey Garlic Turkey Bowl(GF)(DF): Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze

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

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

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 11g Fats: 7g Calories: 271

Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze

-BBQ Shredded Chicken with Mac and Cheese Bowl : Ingredients: Shredded Chicken Breast, Pasta, Mixed Veggies , Cheese Sauce, Bacon, BBQ Sauce and Spices

size: **Weight Loss** Protein:24g Carbs:40g Fat:10g Calories:346

size: **Muscle Gain** Protein:40g Carbs:52g Fat:14g Calories:494

size: **Low Carb/Keto (GF)** Protein:34g Carbs:15g Fat:16g Calories:340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Peas, Cheese Sauce and BBQ Sauce

-Taco Beef Bowl (GF): Ingredients: Ground Beef, Brown Rice, Spinach, Salsa, Cheddar Cheese, Taco Seasoning, and Fresh Cilantro

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

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

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

Ingredients: Ground Beef, Spinach, Salsa, Corn, Cheddar Cheese, Taco Seasoning, and Fresh Cilantro

-Teriyaki Chicken Bowl: Ingredients: Oven roasted chicken breast, basmati rice, mixed veggies, soy sauce, teriyaki sauce, 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: Oven roasted chicken breast, mixed veggies, soy sauce, spices, teriyaki 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**

-Hibachi Skillet with (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

-Wild Caught Salmon and Garlic Parmesan Asparagus LNG'(DF)(GF): Ingredients: Wild Caught Salmon, Sauteed Asparagus, Garlic Parm Sauce, Herbs **Size: Lean & Green Protein: 36g Carbs: 12g Fats: 12g Calories: 300**

-Shrimp and Sauteed Broccoli with Sweet Chili LNG'(DF)(GF): Ingredients: Jumbo Shrimp, Broccoli, Sweet Chili Sauce, Bell Pepper, Spices **Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Calories: 260**

Wraps

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

Ingredients: Ground Beef, Salsa, Fresh Cilantro, Cheddar Cheese, Tortilla Wrap and Taco Seasoning

- Mesquite Chicken Wrap: Protein: 34g Carbs: 50g Fats: 10g Calories: 426

Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap and Spices

-BBQ Shredded Chicken Wrap: Protein: 34g Carbs: 50g Fats: 16g Calories: 480

Ingredients: Shredded Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap and Spices

-Sweet and Sour Chicken Wrap : (DF) Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Roasted Chicken, Tortilla Wrap, Shredded Carrots, Onions, Red Pepper Flakes, Sweet and Sour Sauce

Snacks

Caramel Apple Protein Donut: Protein: 20g Carbs: 40g Fat: 10g Calories: 330

Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples, Coconut Oil, Sugar Free Caramel, Peanuts-

Strawberry Lemonade Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Calories: 217

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Sugar Free Jello, Coconut Oil, Strawberry Extract, Lemon Extract

-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

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

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

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

Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

Vegetarian/Vegan Menu Entrée

-Honey Garlic Tofu(GF)(DF) Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Tofu, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze

Vegetarian Taco : Protein: 22g Carbs: 49g Fat: 14g Calories: 392

Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortilla Wrap, Cilantro, Spinach and Spices

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

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

-Sweet and Sour Chickpea Bowl(GF)(DF) : Protein: 19g Carbs: 59g Fats: 6g Cal: 366

Ingredients: Chick Peas, Basmati Rice, Broccoli, Sweet and Sour Sauce, Green Onion, 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