

NEW WEEKLY MENU 06/5/24– 06/11/24(Ship Date: 06/10/24)

Breakfast

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

Ingredients: Apple Cinnamon Baking Mix, Protein Pancake Mix, Apple Sauce, Almond Milk, Cinnamon

-Crustless Quiche (GF): Protein:28g Carbs:4g Fat:19g Calories:299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan Cheese, Mozzarella Cheese, Green Onions, Ham and Spices

- Turkey Sausage Breakfast Wrap : Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, 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

-Cheeseburger Bowl (GF) Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup and Mustard

size: Weight Loss : Protein: 28g Carbs: 30g Fat: 12g Calories: 340

size: Muscle Gain: Protein:48g Carbs:45g Fat:16g Calories:516

size: Low Carb/Keto Friendly (GF) Protein: 36g Carbs: 10g Fat: 20g Calories: 364

Ingredients: : Ground Beef, Green Beans, Cheddar Cheese, Dill Pickles, Onions, Ketchup and Mustard

- Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and Spices

size: Weight Loss Protein 28g Carbs 28g Fats 10g Cal 314

size: Muscle Gain Protein 45g Carbs 40g Fats 14g Cal 466

size: Low Carb/Keto Friendly (GF) Protein 38g Carbs 10g Fats 20g Cal 372

Ingredients: Shredded Chicken ,Broccoli ,Bacon, Greek Yogurt ,Ranch Seasoning, Cheddar Cheese and Spices

-BBQ Grilled Chicken Bowl (GF)(DF) : Ingredients: Grilled chicken breast, red potato, broccoli, BBQ sauce and spices

size: Weight Loss Protein: 25g Carbs: 32g Fat: 3g Calories: 255

size: Muscle Gain Protein: 40g Carbs: 52g Fat: 5g Calories: 413

size: Low Carb/Keto (GF) Protein: 38g Carbs: 12g Fat: 14g Calories: 318

Ingredients: chicken breast, broccoli, cheddar, BBQ sauce, spices

-Hawaiian Roasted Chicken Bowl (GF)(DF) Ingredients: Oven Roasted Chicken, Basmati Rice, Green Beans, Sweet Drop Peppers, Hawaiian Sauce

Size: Weight Loss Protein: 26g Carbs: 33g Fat: 5g Calories: 281

Size: Muscle Gain Protein:40g Carbs:45g Fat:8g Calories:412

Size: Low Carb (GF)(DF) Protein: 31g Carbs: 14g Fat: 7g Calories: 243

Ingredients: Oven Roasted Chicken, Green Beans, Sweet Drop Peppers, Hawaiian Sauce

-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 Fat: 6g Calories: 274

Size: Muscle Gain Protein: 40g Carbs: 41g Fat: 8g Calories: 388

Size: Low Carb (GF)(DF) Protein: 32g Carbs: 11g Fat: 7g Calories: 271

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

-Buffalo Chicken Protein Pockets : (2 Per Container) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch. Macros Per Pocket: Protein: 26g Carbs: 33g Fats:7g Calories: 299

-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

-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

-Sizzlin Steak Skillet LNG'(DF)(GF): Ingredients: Grilled Lean Steak, Onions, Peppers, Carrots, Mushrooms, Kale, Spices

Size: Lean & Green Protein: 34g Carbs:14g Fats:10g Calories: 282

Wraps

-Cheeseburger Wrap : Protein: 40g Carbs: 48g Fat: 18g Calories: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup and Mustard

- Chicken Bacon Ranch Wrap: Protein 46g Carbs 50g Fats 20g Cal 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla

-BBQ Grilled Chicken Wrap: Protein 34g Carbs 50g Fats 16g Cal 480

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

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

Ingredients: Ground Beef, Cheddar, Tortilla Wrap. Salsa, Black Beans, Taco Seasoning

Snacks

-Caramel Toffee Protein Donut: Protein: 24g Carbs: 40g Fat: 9g Calories: 337

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil and Heath Bar, Sugar free caramel

-Birthday Cake Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil and Sprinkles

-Low Carb Protein Cheesecake: Protein: 26g Carbs: 10g Fat: 8g Calories: 216

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Graham Cracker Crumbs

-Coconut Pecan Energy Bites (GF) : Protein: 15g Carbs: 39g Fats: 22g Calories: 414

Ingredients: Peanut Butter, Oats, Chia Seeds, Pecans, Coconut, Whey Protein, Sugar Free Vanilla Flavoring, Coconut Extract

-Snickerdoodle Keto Fudge(GF) : Protein: 12g Carbs: 7g Fats: 28g Cal: 328

Ingredients: Coconut Oil, Almond Butter, Vanilla Whey, Sugar Free Flavoring and Cinnamon

Vegetarian/Vegan Menu Entrée

-Black Bean Burgers 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)

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

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

-Veggie Greek Pasta Salad Bowl: Protein:16g Carbs: 50g Fats: 12g Cal: 372

Ingredients: Pasta, Chick Peas, Kale, Black Olives, Red Onion, Balsamic Vinaigrette, Seasoning

-Cilantro Lime Tofu Bowl (GF)(DF): Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Seasoned Rice, Broccoli, Cilantro Lime 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, 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