

NEW WEEKLY MENU 06/12/24– 06/18/24(Ship Date: 06/17/24)

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

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

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

size: Weight Loss : Protein: 25g Carbs: 28g Fat: 8g Calories: 284

size: Muscle Gain: Protein: 40g Carbs: 48g Fat: 12g Calories: 460

size: Low Carb/Keto Friendly (DF) Protein: 30g Carbs: 12g Fat: 12g Calories: 296

Ingredients: Ground Beef, Broccoli, Teriyaki Sauce, Sesame Seeds and Spices

- Chicken In a Biscuit Bowl: Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: Weight Loss Protein 25g Carbs 28g Fats 5g Cal 257

size: Muscle Gain Protein 40g Carbs 42g Fats 8g Cal 400

size: Low Carb/Keto Friendly (GF) Protein 32g Carbs 10g Fats 5g Cal 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

-Bourbon Grilled Chicken Bowl (GF)(DF): Ingredients: Grilled Chicken, Seasoned Basmati Rice, Sauteed Squash, Bourbon Sauce

size: Weight Loss Protein: 25g Carbs: 32g Fats:8g Calories: 300

size: Muscle Gain Protein: 40g Carbs: 45g Fats: 10g Calories: 430

size: Low Carb/Keto (GF) Protein: 38g Carbs: 14g Fats: 9g Calories: 289

Ingredients: Grilled Chicken, Sauteed Squash, Cheddar Cheese, Bourbon Sauce

-Southwest Turkey Bowl (GF)(DF) Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime

Size: Weight Loss Protein 25g Carbs 35g Fats 6g Cal 294

Size: Muscle Gain Protein 40g Carbs 43g Fats 8g Cal 404

Size: Low Carb (GF) Protein 34g Carbs 15g Fats 18g Cal 318

Ingredients: Ground Turkey, Cheddar Cheese, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime

-Orange Glazed Chicken Bowl (GF)(DF): Ingredients: Roasted Chicken Breast, Rice Noodles, Peas, Orange Glaze Sauce and Green Onions

Size: Weight Loss Protein: 25g Carbs: 32g Fat: 6g Calories: 282

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

Size: Low Carb (GF)(DF) Protein: 32g Carbs: 16g Fat: 7g Calories: 255

Ingredients: Roasted Chicken Breast, Peas, Orange Glaze Sauce and Green Onions

-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

-Wild Caught Salmon with Garlic Asparagus LNG'(GF): Ingredients: Wild Caught Salmon, Sauteed Asparagus, Garlic Parm Sauce, Herbs

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

Wraps

-Burbon Chicken Wrap : Protein: 34g Carbs:50g Fats:18g Calories: 522

Ingredients: Grilled Chicken, Cheddar Cheese, Tortilla Wrap, Bourbon Sauce

- Southwest Turkey Wrap: Protein 40g Carbs 52g Fats 14g Cal 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Cheddar Cheese

-Buffalo Chicken Wrap: Protein 42g Carbs 48g Fats 14g Cal 486

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

-Sweet and 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

-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

-Red Velvet Protein Poppers: Protein 24g Carbs 17g Fats 5g Cal 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips

-Low Carb Cherry Protein Cheesecake: Protein: 22g Carbs: 18g Fat: 5g Calories: 205

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

-Banana Nut Protein Bar : Ingredients: Banana Nut Protein Baking Mix, Eggs, Almond Milk, Whey Protein and Sugar Free Caramel Sauce

Protein: 18g Carbs: 29g Fat: 12g Calories: 296

-Cookie Dough Energy Bites (DF)(GF)(VEGAN) : Protein 15g Carbs 24g Fats 22g Cal 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

Vegetarian/Vegan Menu Entrée

-Orange Glazed TOFU(GF) (DF) : Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Rice Noodles, Peas, Mandarin Oranges, Orange Glaze Sauce and Green Onions

-Cauli Nuggets and Home Fries (GF)(DF): Protein: 10g Carbs: 59g Fat: 6g Calories: 330

Ingredients: Cauliflower, Potatoes, Green Beans, Corn Starch, Spices

-Mediterranean Hummus Wrap (DF) : Protein: 22g Cabs: 65g Fat: 8g Calories: 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chick Peas and Spinach

-Lentil Stuffed Pepper (GF): Protein 26g Carbs 39g Fats 14g Cal 386

Ingredients: Lentils, Marinara, Parmesan Cheese, Spices, Mozzarella Cheese, Bell Peppers and Brown Rice

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