

NEW WEEKLY MENU 06/19/24– 06/25/24(Ship Date: 06/24/24)

Breakfast

-FunFetti Protein Waffles : Protein: 22g Carbs: 45g Fats: 8g Cal: 340

Ingredients: Funfetti Pancake Mix, Whey Protein Powder, Almond Milk

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

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Spices and Hot Sauce Packet (side)

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

Ingredients: Egg Whites, Bacon, 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

-Chicken Spaghetti Bowl: Ingredients: Oven roasted chicken breast, pasta, marinara, spinach, mozzarella cheese, parmesan cheese, spices

size: Weight Loss : Protein: 28g Carbs: 34g Fat: 8g Calories: 330

size: Muscle Gain: Protein: 42g Carbs: 48g Fat: 10g Calories: 450

size: Low Carb/Keto Friendly (GF) Protein: 32g Carbs: 13g Fats: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

- Chipotle Grilled Chicken Bowl (GF/DF) Ingredients: Grilled Chicken Green Beans, Seasoned Rice, Chipotle Sauce and Spices

size: Weight Loss Protein: 25g Carbs:25g Fats: 11g Calories: 299

size: Muscle Gain Protein: 40g Carbs: 40g Fats: 16g Calories: 464

size: Low Carb/Keto Friendly (GF) Protein: 32g Carbs: 12g Fats: 12g Calories: 284

Ingredients: Grilled Chicken, Green Beans, Chipotle Sauce and Spices

-Shepards Pie Bowl (GF) : Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: Weight Loss Protein: 25g Carbs: 33g Fats: 12g Calories:340

size: Muscle Gain Protein: 39g Carbs: 46g Fats: 14g Calories:472

size: Low Carb/Keto (GF) Protein: 35g Carbs: 16g Fats: 13g Calories:321

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices

-Kickin Cajun Bowl (GF)(DF) Ingredients: Shredded Chicken, Basmati Rice, Broccoli and Kickin Cajun Sauce

Size: Weight Loss Protein 28g Carbs 32g Fats 3g Cal 267

Size: Muscle Gain Protein 42g Carbs 48g Fats 6g Cal 414

Size: Low Carb (GF) Protein 32g Carbs 10g Fats 8g Cal 240

Ingredients: Shredded Chicken, Broccoli, Cheddar Cheese and Kickin Cajun Sauce

-Turkey Stir Fry Bowl (DF): Ingredients: Ground turkey, ginger seasoned brown rice, stir fry sauce, broccoli, carrots, peppers, onions and spices

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 (DF) Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground turkey, broccoli, stir fry sauce, carrots, peppers, onions, and spices

-Taco Beef Protein Pockets : (2 Per Container) (Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings: 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

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

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

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

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

Wraps

-Italian Chicken Wrap : Protein 40g Carbs 50g Fats 12g Cal 468

Ingredients: Roasted Chicken, Tortilla Wrap, Marina Sauce, Mozzarella Cheese, Parmesan, and spices

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

Ingredients: Grilled Chicken, tortilla wrap, cheddar cheese, chipotle sauce, spices

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

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

-Steak Burrito Wrap : Protein:42g Carbs:64g Fat:18g Calories:586

Ingredients: Lean Steak, Rice, Cheddar Cheese, Tortilla Wrap, Salsa, Spices

Snacks

-S'mores Protein Donut: Protein: 24g Carbs: 32g Fat: 11g Calories: 323

Ingredients: Sugar Free Baking Mix, Whey Protein Powder, Eggs, Marshmallows, Graham Cracker Crumble, Sugar Free Flavoring, Coconut oil,

-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

-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

-Turtle Protein Cheesecake : (GF) Protein: 25g Carbs: 32g Fat: 9g Calories: 309

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Whey Protein, Coconut Oil, Pecans, Chocolate Chips and Sugar Free Caramel

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

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

Vegetarian/Vegan Menu Entrée

-Italian Chick Pea Spaghetti Bowl: Protein 16g Carbs 50g Fats 12g Cal 374

Ingredients: Chick Peas, Pasta, Marinara, Mozzarella, Spinach, garlic, and spices

-Lentil Shepards Pie (GF): Protein: 26g Carbs: 39g Fat: 14g Calories: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables ,Cheddar Cheese, Spices

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

Ingredients: Extra Firm Tofu, Seasoned Basmati Rice, Grilled Squash, Chipotle Sauce, Spices

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

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

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