

## **NEW WEEKLY MENU 06/26/24– 07/2/24(Ship Date: 07/1/24)**

### ***Breakfast***

**-Chocolate Chip Protein Waffles** : Protein: 22g Carbs: 40g Fats: 8g Cal: 320

Ingredients: Protein pancake mix, chocolate chips, almond milk

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

Ingredients: Egg whites, egg, bacon, onion, mozzarella, bell peppers, spices

**- Turkey Sausage Breakfast Wrap** : Protein: 40g Carbs: 48g Fat: 12g Calories: 452

Ingredients: Egg Whites, turkey sausage, cheddar cheese, tortilla wrap, 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***

**-Garlic Parmesan Chicken Bowl**: Ingredients: Grilled chicken breast, orzo, broccoli, garlic parmesan sauce, spices

size: **Weight Loss** : Protein: 26g Carbs: 30g Fat: 6g Calories: 274

size: **Muscle Gain**: Protein: 40g Carbs: 45g Fat: 9g Calories: 421

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fats: 14g Calories: 302

Ingredients: Grilled chicken breast, broccoli, garlic parmesan sauce, mozzarella cheese

**-Taco Turkey Bowl (GF)** Ingredients: Ground turkey, brown rice, spinach, cheddar, taco seasoning, salsa

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** Protein: 36g Carbs: 12g Fats: 20g Calories: 372

Ingredients: Ground turkey, corn, spinach, cheddar cheese, taco seasoning, salsa

**-Teriyaki Chicken Bowl (DF)** : Ingredients: Chicken breast, basmati rice, mixed veggies, soy sauce, teriyaki sauce, spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fats: 5g Calories: 277

size: **Muscle Gain** Protein: 40g Carbs: 44g Fats: 8g Calories: 408

size: **Low Carb/Keto** Protein: 31g Carbs: 15g Fats: 7g Calories: 247

Ingredients: Chicken breast, mixed veggies, soy sauce, teriyaki sauce, spices

**-BBQ Chicken w/Bacon & Veggies** Ingredients: Shredded chicken breast, pasta, mixed vegetables, cheese sauce, bacon, BBQ sauce and spices

Size: **Weight Loss** Protein: 24g Carbs: 40g Fats: 10g Calories: 346

Size: **Muscle Gain** Protein: 40g Carbs: 52g Fats: 14g Calories: 494

Size: **Low Carb (GF)** Protein: 34g Carbs:15g Fats:16g Calories: 340

Ingredients: Shredded chicken breast, bacon, mixed vegetables, cheese sauce, BBQ sauce

**-Philly Cheese Bowl (GF)**: Ingredients: Ground beef, brown rice, onions, green bell peppers, mozzarella cheese, spices

Size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Calories: 296

Size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Calories: 482

Size: **Low Carb** Protein: 36g Carbs: 14g Fat: 12g Calories: 308

Ingredients: Ground beef, cauliflower rice, onions, green bell peppers, mozzarella cheese, 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 LNG'(DF)(GF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

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

**-Honey BBQ Glazed Salmon LNG':** Ingredients: Wild caught salmon, green beans, BBQ sauce, honey, spices

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

## **Wraps**

**-Taco Turkey Wrap :** Protein: 42g Carbs: 50g Fats: 20g Cal: 548

Ingredients: Ground turkey, tortilla wrap, salsa, cheddar cheese, taco seasoning

**-Garlic Parmesan Chicken Wrap:** Protein: 41g Carbs: 50g Fat: 10g Calories: 454

Ingredients: Grilled chicken breast, tortilla wrap, parmesan cheese, garlic parmesan sauce, spices

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

Ingredients: Shredded chicken breast, cheddar cheese, BBQ sauce, tortilla wrap, spices

**-Philly Cheese Wrap :** Protein: 40g Carbs: 50g Fats: 20g Calories: 532

Ingredients: Ground beef, tortilla wrap, green, peppers, onions, provolone and mozzarella cheese

## **Snacks**

**-Orange Dreamsicle Donut:** Protein: 25g Carbs: 22g Fat: 5g Calories: 229

Ingredients: Sugar free cake mix, sugar free orange jello, vanilla whey protein, egg whites, sugar free protein frosting

**-Salted Caramel Protein Poppers:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar free baking mix, egg whites, whey protein, almond milk, salt, Splenda, sugar free caramel and coconut oil

**-Strawberry Shortcake Protein Bar :** Protein: 24g Carbs: 24g Fat: 8g Calories: 264

Ingredients: Sugar free baking mix, sugar free protein frosting, egg whites, whey protein, sugar free strawberry flavoring, graham cracker crumble

**-Candy Bar Keto Fudge:** Protein: 15g Carbs: 9g Fat: 28g Calories: 348

Ingredients:, Organic Coconut Oil, Whey Protein, Peanuts, Chocolate Chips and Sugar Free Caramel

**-Double Chocolate Energy Bites:** Protein: 15g Carbs: 34g Fats: 22g Calories: 394

Ingredients: Oats, whey protein, sugar free white chocolate chips, sugar free dark chocolate chips, chia seeds, peanut butter

## **Vegetarian/Vegan Menu Entrée**

**-Garlic Parm Chick Pea Bowl (GF):** Protein: 14g Carbs: 57g Fats: 4g Cal: 320

Ingredients: Chick peas, orzo, broccoli, garlic parm sauce, parmesan, spices

**-Philly Cheese Lentil Bowl (GF):** Protein: 20g Carbs: 48g Fat: 12g Calories: 380

Ingredients: Lentils, brown rice, green bell peppers, onion, mozzarella, Worcestershire sauce, spices

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

Ingredients: Extra firm tofu, basmati rice, broccoli, sesame seeds, teriyaki sauce

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

Ingredients: Refried beans, brown rice, salsa, cheddar cheese, tortilla wrap, cilantro, spinach, 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, 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

