

**NEW WEEKLY MENU 07/31/24– 08/06/24(Ship Date: 08/05/24)**

***Breakfast***

**-Red Velvet Protein Waffles :** Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract, Side Cup: Sugar Free Protein Frosting

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

Ingredients: Egg whites, Egg, Ham, Cheddar Cheese, Mozzarella Cheese, 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***

**-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/Keto Friendly (GF)** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

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

**-Chicken N 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

**-Chicken Alfredo Bowl (DF/GF) :** Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

**size: Weight Loss** Protein 28g Carbs 34g Fats 8g Cal 330

**size: Muscle Gain** Protein 42g Carbs 48g Fats 10g Cal 450

**size: Low Carb/Keto (GF)** Protein 32g Carbs 13g Fats 14g Cal 306

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

**-Honey Garlic Turkey Bowl (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 (DF)** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

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

**-Bourbon Chicken Bowl (DF):** Ingredients: Grilled Chicken, Seasoned Basmati Rice, Green Beans , 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 (GF)** Protein: 38g Carbs: 14g Fats: 9g Calories: 289

Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, Bourbon 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 Brown Rice (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

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

## **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

**-Jamaican Jerk Wild Caught Salmon LNG'(DF)(GF):** Ingredients: Wild Caught Salmon, Sauteed Cabbage and Carrots, Spices, Jamaican Jerk Sauce on Side **Size: Lean & Green** Protein: 36g Carbs: 12g Fats: 12g Calories: 300

## **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

**-Bourbon Grilled Chicken Wrap:** Protein: 34g Carbs:50g Fats:18g Calories: 522

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

**-Steak Burrito Wrap:** Protein 42g Carbs 64g Fats 18g Cal 586

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

**-Thai Peanut Chicken Wrap (DF):** Protein: 38g Carbs: 52g Fat: 14g Calories: 486

Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce and Spices

## **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

**-Orange Dream Poppers:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

**-Banana Nut Bar w/Caramel Drizzle:** Protein: 18g Carbs: 29g Fat: 12g Calories: 296

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

**-Cookie Dough Bites (Vegan): (GF)** Protein 15g Carbs 24g Fats 22g Cal 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

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

Ingredients:Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts, Sugar Free Caramel

## **Vegetarian/Vegan Menu Entrée**

**-Honey Garlic TOFU Bowl(DF)** Protein: 15g Carbs 45g Fats 8g Calories: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Green Beans, Sauteed Onions, Bell Peppers, Honey Garlic Glaze

**-Mediterranean Hummus Wrap :** Protein: 22g Cabs: 65g Fat: 8g Calories: 420

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

**-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)

**-Chick-Pea Alfredo Bowl(DF):** Protein: 19g Carbs: 59g Fat: 6g Calories: 366

Ingredients:Pasta, Seasoned Chick Peas, Broccoli, Alfredo Sauce, Parmesean

## **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