

NEW WEEKLY MENU 07/24/24– 07/30/24(Ship Date: 07/29/24)

Breakfast

-Chocolate Chip Protein Waffles : Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients: protein pancake mix, chocolate chips, almond milk

-Turkey Sausage Breakfast 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

-Lasagna Bowl : Ingredients: Ground Beef, Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and Spices

size: Weight Loss : Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: Muscle Gain: Protein: 48g Carbs: 42g Fat: 18g Calories: 490

size: Low Carb/Keto Friendly (GF) Protein: 35g Carbs: 11g Fat: 14g Calories: 347

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce and Spices

-Honey Sriracha Bowl : (DF) Ingredients: Shredded Chicken, Brown Rice, Mixed Vegetables, Honey Sriracha Sauce and Spices

size: Weight Loss Protein: 28g Carbs: 38g Fats: 3g Calories: 291

size: Muscle Gain Protein: 42g Carbs: 52g Fats: 5g Calories: 425

size: Low Carb/Keto Friendly (DF/GF) Protein: 38g Carbs: 10g Fat: 20g Calories: 372

Ingredients: Shredded Chicken, Brown Rice, Mixed Vegetables, Honey Sriracha Sauce and Spices

-BBQ Grilled Chicken and Red Potatoes Bowl (DF/GF) : Ingredients: Grilled Chicken, Red Potato, Green Beans, BBQ Sauce, Spices.

size: Weight Loss Protein 25g Carbs 32g Fats 3g Cal 255

size: Muscle Gain Protein 40g Carbs 52g Fats 5g Cal 413

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

Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, BBQ Sauce, Spices

-Loaded Smash Potato Bowl (GF): Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices. 1oz Cup of Greek Yogurt on the side

Size: Weight Loss Protein: 25g Carbs: 32g Fat: 9g Calories: 309

Size: Muscle Gain Protein: 45g Carbs: 49g Fat: 12g Calories: 484

Size: Low Carb (GF) Protein: 38g Carbs: 14g Fat: 14g Calories: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices. 1oz Cup of Greek Yogurt on the side

-Kung Pao Chicken Bowl (DF): Ingredients: chicken breast, basmati rice, bell peppers, carrots, kung pao sauce, peanuts, sesame seeds

Size: Weight Loss Protein:26g Carbs:32g Fat:5g Calories:277

Size: Muscle Gain Protein:40g Carbs:44g Fat:8g Calories:408

Size: Low Carb (GF) Protein:32g Carbs:14g Fat:10g Calories:274

Ingredients: roasted chicken breast, broccoli, bell peppers, carrots, kung pao sauce, peanuts, sesame seeds

-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

-Philly Cheese Protein Pockets (Macros Per Pocket) Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, and seasonings Protein: 23g Carbs:49 Fats: 13g Calories: 405

Lean & Green Entrees

-Shrimp and Sautéed 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'(DF)(GF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey and Spices

Size: Lean & Green Protein: 36g Carbs: 12g Fats: 8g Cal: 264

Wraps

-Italian Beef Wrap : Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Ground beef, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce and Spices

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

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

-Beef Mexi Melt Wrap: Protein 42g Carbs 50g Fats 20g Cal 548

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

-Sweet & Sour Chicken Wrap (DF): Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Roasted Chicken, Tortilla Wrap, Shredded Carrots, Onions, Red Pepper Flakes, Sweet and Sour Sauce

Snacks

-Strawberry Shortcake Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Calories: 217

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, sugar free jello, strawberry extract

-S'mores Protein Donuts: 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,

-Blueberry Lemon Protein Bar: Protein: 22g Carbs:23g Fats: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Lemon Extract, Blueberries, Coconut Oil, Keto White Chocolate Chips

-White Chocolate Raspberry Energy Bites: (GF) Protein: 15g Carbs: 34g Fats: 22g Calories: 394

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

-Low Carb Chocolate Cheesecake : Protein: 20g Carbs: 22g Fat: 9g Calories: 249

Ingredients: Greek Yogurt, Sugar Free Jello Pudding, Almond Milk, Sugar Free Chocolate Chips, Coconut Oil, Graham Cracker Crumble

Vegetarian/Vegan Menu Entrée

-Kung Poa TOFU Bowl(DF) Protein: 15g Carbs 45g Fats 8g Calories: 312

Ingredients: extra firm tofu, basmati rice, bell peppers, peanuts, Kung Pao sauce, spices

-Veggie Lasagna Bowl : Protein: 16g Carbs: 49g Fat: 14g Calories: 386

Ingredients: Marinara, Zucchini, Spinach, Mozzarella Cheese, Noodles, Greek Yogurt

-Black Bean Burger with Oven Roasted Red Potatoes Bowl (DF) : Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Black bean, bell pepper, potato, sweet chili sauce, garlic, oatmeal, bread crumbs, spices. (Side of Spicy Ketchup)

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

Ingredients: Chick Peas, Brown Rice, Mixed Vegetables, Honey Sriracha Sauce, 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