

**NEW WEEKLY MENU 09/04/24– 09/10/24(Ship Date: 09/09/24)**

***Breakfast***

**-Blueberry Protein Waffle:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

**-Turkey Sausage & Cheese Omelet (GF):** Protein: 32g Carbs: 2g Fat: 16g Cal: 280

Ingredients: Eggs, Egg Whites, Turkey Sausage, Cheddar Cheese, Spices

**-Bacon Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Bacon, Cheddar Cheese, Tortilla Wrap, Spices

**-Protein Oat Bowl: Chocolate Lovers:** Protein: 31g Carbs: 36g Fat: 10g Cal: 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 Cal: 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 Cal: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

***ENTREES***

**-Sweet & Spicy Meatball Bowl:** Ingredients: Ground Beef, Potato Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet & Spicy Sauce

size: **Weight Loss:** Protein: 25g Carbs: 31g Fat: 8g Cal: 296

size: **Muscle Gain:** Protein: 40g Carbs: 46g Fat: 11g Cal: 443

size: **Low Carb/Keto:** Protein: 35g Carbs: 15g Fat: 10g Cal: 290

Ingredients: Ground Beef, Cauliflower Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet & Spicy Sauce

**-Italian Chicken w/Cheese Tortellini Bowl:** Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

size: **Weight Loss:** Protein: 29g Carbs: 36g Fat: 8g Cal: 332

size: **Muscle Gain:** Protein: 42g Carbs: 49g Fat: 10g Cal: 454

size: **Low Carb/Keto:** Protein: 32g Carbs: 13g Fat: 9g Cal: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

**-Egg Roll In A Bowl:** Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions, (Side of Sweet & Sour Sauce)

size: **Weight Loss:** Protein: 26g Carbs: 29g Fat: 6g Cal: 274

size: **Muscle Gain:** Protein: 40g Carbs: 41g Fat: 8g Cal: 388

size: **Low Carb/Keto:** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions, (Side of Sweet & Sour Sauce)

**-Sweet Chili Chicken Bowl:** Ingredients: Grilled Chicken, Basmati Rice, Squash, Bell Peppers, Sweet Chili Sauce

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

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

Size: **Low Carb/Keto:** Protein: 34g Carbs: 15g Fat: 18g Calories: 318

Ingredients: Grilled Chicken, Squash, Bell Peppers, Mozzarella Cheese, Sweet Chili Sauce, Spices

**-Chicken Bacon Ranch Bowl:** Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

Size: **Weight Loss:** Protein: 28g Carbs: 28g Fat: 10g Cal: 314

Size: **Muscle Gain:** Protein: 45g Carbs: 40g Fat: 14g Cal: 466

Size: **Low Carb/Keto:** Protein: 38g Carbs: 10g Fat: 20g Cal: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

**-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 Cal: 401

**-Hibachi Grilled 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 Cal: 434

**-Ham, Egg, Cheese Protein Pockets (Macros Per Pocket):** Protein: 24 Carbs: 31 Fat: 9 Cal: 301

Ingredients: Egg, Ham, Greek Yogurt, Flour, Cheddar Cheese, Spices

## **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 Fat: 8g Calories: 260

**-Jamaican Jerk Salmon (DF/GF):** Ingredients: Wild Caught Salmon, Cabbage, Carrots, Spices, Jamaican Jerk Sauce **Size: Lean & Green** Protein: 36g Carbs: 12g Fat: 12g Cal: 300

**-BBQ Shredded Beef Skillet (DF/GF):** Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices **Size: Lean & Green** Protein: 42g Carbs: 14g Fat: 16g Cal: 368

## **Wraps**

**-Sweet & Spicy Meatball Wrap:** Protein: 40g Carbs: 54g Fat: 20g Cal: 500  
Ingredients: Ground Beef Meatballs, Spinach & Herb Tortilla Wrap, Mozzarella Cheese, Sweet & Spicy BBQ Sauce

**-Sweet Chili Chicken Wrap:** Protein: 40g Carbs:50g Fat:14g Cal: 486  
Ingredients: Grilled Chicken Breast, Tortilla Wrap, Mozzarella Cheese, Bell Peppers, Sweet Chili Sauce, Spices

**-Chicken Bacon Ranch Wrap:** Protein: 46g Carbs: 50g Fat: 20g Cal: 564  
Ingredients: Shredded Chicken Breast, Tortilla Wrap, Cheddar Cheese, Bacon Ranch Seasoning

**-Italian Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 12g Cal: 468  
Ingredients: Roasted Chicken, Tortilla Wrap, Mozzarella Cheese, Marinara Sauce, Parmesan, Spices

## **Snacks**

**-Pumpkin Spice w/Pecan Crumble Protein Donut:** Protein: 24g Carbs: 24g Fat: 8g Cal: 268  
Ingredients: Sugar Free Cake Mix, Eggs, Pumpkin, Pecan, Coconut Oil, Whey Protein, Maple Extract, Pumpkin Spice

**-Strawberry Shortcake Protein Poppers:** Protein: 24g Carbs: 21g Fat: 5g Cal: 217  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sugar Free Jello, Strawberry Extract

**-Banana Nut Protein Bar w/Caramel Drizzle:** Protein: 18g Carbs: 29g Fat: 12g Cal: 296  
Ingredients: Banana Nut Protein Baking Mix, Almond Milk, Eggs, Sugar Free Caramel Sauce, Whey Protein

**-Vanilla Peanut Butter Keto Fudge:** Protein: 12g Carbs: 7g Fat: 28g Cal: 328  
Ingredients: Peanut Butter, Vanilla Whey Protein, Coconut Oil, Sugar Free Vanilla Flavoring

**-Almond Joyish Energy Bites:** Protein: 15g Carbs: 34g Fat: 22g Cal: 394  
Ingredients: Peanut Butter, Oats, Chocolate Whey Protein, , Chia Seeds, Coconut, Sliced Almonds

## **Vegetarian/Vegan Menu Entrée**

**-Italian Chickpea w/Cheese Tortellini:** Protein: 16g Carbs: 50g Fat: 12g Cal: 374  
Ingredients: Chickpeas, Cheese Tortellini, Marinara, Spinach, Mozzarella Cheese, Spices

**-Cauliflower Nuggets w/Home Fries:** Protein: 10g Carbs: 59g Fat: 6g Cal: 330  
Ingredients: Cauliflower, Potatoes, Green Beans, Corn Starch, Spices

**-Sweet Chili Chickpea Bowl:** Protein: 19g Carbs: 59g Fat: 16g Cal: 456  
Ingredients: Chickpeas, Basmati Rice, Squash, Zucchini, Bell Peppers, Sweet Chili Sauce, Spices

**-Vegan Fajita Bowl:** Protein: 12g Carbs: 50g Fat: 5g Cal: 293  
Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers, Cilantro, Fajita Seasoning

## **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 Cal: 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 Cal: 180  
Ingredients: Almonds, Cinnamon, Spices

**Chocolate Almond Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Cal: 190  
Ingredients: Almonds, Coconut Oil, Cocoa

**Honey Cinnamon Peanut Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180  
Ingredients: Peanuts, Honey, Cinnamon