

**NEW WEEKLY MENU 08/14/24– 08/20/24(Ship Date: 08/19/24)**

***Breakfast***

**-Apple Cinnamon Protein Waffle :** Protein: 22g Carbs: 40g Fat: 4g Cal: 320

Ingredients: Apple Cinnamon Baking Mix, Protein Pancake Mix, Apple Sauce, Almond Milk, Cinnamon

**-Crust less Quiche:** Protein: 28g Carbs: 4g Fat: 19g Cal: 299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan Cheese, Mozzarella Cheese, Green Onions, Ham, Spices

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

Ingredients: Egg Whites, Turkey Sausage, 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***

**-Shepard's Pie Bowl:** Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: **Weight Loss** : Protein: 25g Carbs: 33g Fat: 12g Cal: 340

size: **Muscle Gain**: Protein: 39g Carbs: 46g Fat: 14g Cal: 472

size: **Low Carb/Keto Friendly**: Protein: 35g Carbs: 16g Fat: 13g Cal: 321

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

**-Cheesy Chicken Bake Bowl :** Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 11g Cal: 339

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 14g Cal: 486

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 13g Cal: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

**-Honey Mustard Chicken Bowl (GF/DF) :** Ingredients: Roasted Chicken Breast, Sweet Potato Mash, Seasoned Broccoli, Honey Mustard, Spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Cal: 277

size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Cal: 408

size: **Low Carb/Keto**: Protein: 31g Carbs: 15g Fat: 7g Cal: 247

Ingredients: Roasted Chicken Breast, Seasoned Broccoli, Honey Mustard, Spices

**-Jerk Chicken Bowl:** Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

Size: **Weight Loss** Protein: 25g Carbs: 30g Fat: 6g Cal: 274

Size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 9g Cal: 424

Size: **Low Carb** Protein: 38g Carbs: 12g Fat: 18g Calories: 318

Ingredients: Grilled Chicken Breast, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

**-Turkey Stir Fry Bowl:** Ingredients: Ground Turkey, Ginger Seasoned Brown Rice, Sir Fry Sauce, Broccoli, Carrots, Peppers, Onions, Spices

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** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

Ingredients: Ground Turkey, Broccoli, Stir Fry Sauce, Carrots, Peppers, Onions, 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

**-Taco Beef Protein Pockets: (Macros Per Pocket)** Protein: 23 Carbs: 49 Fat: 13 Cal: 405

Ingredients: Ground Beef, Greek Yogurt, Flour, Salsa, Cheddar Cheese, Spinach, Taco Seasoning

## **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 Fat: 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 Cal: 260

## **Wraps**

**-BBQ Beef Wrap :** Protein: 42g Carbs: 48g Fat: 16g Cal: 504  
Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, BBQ Sauce

**-Chicken Taco Wrap:** Protein: 42g Carbs:50g Fat:16g Cal: 486  
Ingredients: Chicken Breast, Tortilla Wrap, Salsa, Cheddar Cheese, Taco Seasoning, Cilantro

**-Jerk Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Cal: 486  
Ingredients: Grilled Chicken Breast, Tortilla Wrap, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

**-Honey Mustard Chicken Wrap:** Protein: 40g Carbs: 52g Fat: 14g Cal: 494  
Ingredients: Oven Roasted Chicken Breast, Mozzarella Cheese, Tortilla Wrap, Honey Mustard

## **Snacks**

**-Strawberry Shortcake Protein Donut:** Protein: 24g Carbs: 17g Fat: 5g Cal: 205  
Ingredients: Sugar Free Baking Mix/Frosting, Sugar Free Jello, Egg Whites, Whey Protein, Strawberry Extract

**-Salted Caramel Protein Poppers:** Protein: 18g Carbs: 24g Fat: 12g Cal: 276  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Almond Milk, Salt, Splenda, Sugar Free Caramel, Coconut Oil

**-Double Fudge Protein Brownie:** Protein: 24g Carbs: 36g Fat: 14g Cal: 366  
Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Whey Protein, Egg, Sugar Free Chocolate Chips

**-Cherry Chocolate Energy Bites (Veg):** Protein: 25g Carbs: 24g Fat: 22g Cal: 394  
Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

**-Low-Carb Protein Cheesecake :** Protein: 26g Carbs: 10g Fat: 8g Cal: 216  
Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Graham Cracker

## **Vegetarian/Vegan Menu Entrée**

**-TOFU Stir Fry Bowl:** Protein: 15g Carbs: 45g Fat: 8g Cal: 312  
Ingredients: Extra Firm Tofu, Brown Rice, Broccoli, Carrots, Bell Peppers, Onions, Stir Fry Sauce, Spices

**-Lentil Shepard's Pie :** Protein: 26g Carbs: 39g Fat: 14g Cal: 386  
Ingredients: Garlic Mash, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

**-Jerk Spice Chick Pea Bowl :** Protein: 18g Carbs: 47g Fat: 4g Cal: 296  
Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

**-Stuffed Zucchini Boats:** Protein: 21g Carbs: 36g Fat: 11g Cal: 307  
Ingredients: Zucchini, Chickpeas, Marinara Sauce, Parmesan Cheese, Mozzarella Cheese, Spinach, Garlic, 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 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