

**NEW WEEKLY MENU 09/18/24– 09/24/24(Ship Date: 09/23/24)**

***Breakfast***

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

Ingredients: Protein Pancake Mix, Cranberry Orange Baking Mix, Cranberries, Almond Milk, Orange Zest

**-Bacon & Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 2g Fat: 18g Cal: 298

Ingredients: Eggs, Egg Whites, Cheddar Cheese, Bacon, 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***

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

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

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

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

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

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

size: **Weight Loss (DF):** Protein: 25g Carbs: 30g Fat: 6g Cal: 274

size: **Muscle Gain (DF):** Protein: 40g Carbs: 48g Fat: 9g Cal: 424

size: **Low Carb/Keto:** Protein: 38g Carbs: 12g Fat: 18g Cal: 318

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

**-Chicken N Biscuit Bowl (DF):** Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: **Weight Loss:** Protein: 25g Carbs: 28g Fat: 5g Cal: 257

size: **Muscle Gain:** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 10g Fat: 10g Cal: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

**-Southwest Turkey Bowl (GF):** Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Lime, Tomatoes, Green Onions, Cilantro, Jalapenos, Seasoning

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

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

Size: **Low Carb/Keto:** Protein: 34g Carbs: 15g Fat: 8g Calories: 268

Ingredients: Ground Turkey, Black Beans, Corn, Lime, Tomatoes, Green Onions, Cilantro, Jalapenos, Seasoning

**-Chicken Marsala Bowl:** Ingredients: Roasted Chicken Breast, Orzo, Green Beans, Mushrooms, Marsala Sauce, Spices

Size: **Weight Loss:** Protein: 27g Carbs: 30g Fat: 4g Cal: 264

Size: **Muscle Gain:** Protein: 41g Carbs: 44g Fat: 6g Cal: 394

Size: **Low Carb/Keto (GF):** Protein: 34g Carbs: 11g Fat: 12g Cal: 288

Ingredients: Roasted Chicken Breast, Green Beans, Mozzarella Cheese, Mushrooms, Marsala Sauce, Spices

**-Teriyaki Beef Bowl (DF):** Ingredients: Ground Beef, Brown Rice, Teriyaki Sauce, Sesame Seeds, Broccoli, Spices

Size: **Weight Loss:** Protein: 25g Carbs: 28g Fat: 8g Cal: 284

Size: **Muscle Gain:** Protein: 40g Carbs: 48g Fat: 12g Cal: 460

Size: **Low Carb/Keto:** Protein: 30g Carbs: 12g Fat: 12g Cal: 296

Ingredients: Ground Beef, Broccoli, Teriyaki Sauce, Sesame Seeds, 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

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

Ingredients: Ground Beef, Mozzarella and Provolone Cheese, Greek Yogurt, Flour, Green Bell Peppers, Onions, 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 Cal: 260

**-Steak N Greens LNG' (DF/GF):** Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices **Size: Lean & Green** Protein: 35g Carbs: 12g Fat: 12g Cal: 296

## ***Wraps***

**-Jerk Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Cal: 486

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

**-Southwest Turkey Wrap:** Protein: 40g Carbs: 52g Fat:14g Cal: 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalepenos, Cheddar Cheese

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

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

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

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

## ***Snacks***

**-Cinna Roll Protein Donut:** Protein: 18g Carbs: 34g Fat: 12g Cal: 306

Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Splenda, Almond Milk, Cinnamon

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

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

**-Chocolate Chip Protein Bar:** Protein: 23g Carbs: 35g Fat: 12g Cal: 340

Ingredients: High Protein Whole Grain Baking Mix, Almond Milk, Coconut Oil, Eggs, Chocolate Chips, Whey Protein

**-Turtle Protein Cheesecake:** Protein: 25g Carbs: 32g Fat: 9g Cal: 309

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Whey Protein, Coconut Oil, Pecans, Chocolate Chips, Sugar Free Caramel

**-Cherry Chocolate Energy Bites (Vegan):** Protein: 25g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

## ***Vegetarian/Vegan Menu Entrée***

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

Ingredients: Zucchini, Mozzarella and Parmesan Cheese, Pasta, Marinara Sauce, Greek Yogurt, Spinach, Spices

**-Jerk Spiced Chick Pea Bowl (DF/GF):** Protein: 18g Carbs: 47g Fat: 4g Cal: 296

Ingredients: Chick Peas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

**-Black Bean Burger w/Sweet Potato Mash Bowl (DF/GF):** Protein: 16g Carbs: 55g Fat: 3g Cal: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices (Side of Spicy Ketchup)

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

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki Sauce

## ***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

