

**NEW WEEKLY MENU 1/1/25– 1/7/25 (Ship Date: 1/6)**

***Breakfast***

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

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

**-Keto Breakfast Hash (GF):** Protein 28g Carbs 6g Fats 20g Cal 316

Ingredients: Egg Whites, Bacon, Mozzarella Cheese, Cheddar Cheese, Onion, Bell Peppers, 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 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***

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

size: **Weight Loss:** Protein: 25g Carbs: 30g Fats: 6g Calories: 274

size: **Muscle Gain:** Protein:40g Carbs:48g Fat:9g Calories:424

size: **Low Carb/Keto Friendly (GF):** Protein: 38g Carbs: 12g Fats: 18g Calories: 318

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

**-Philly Cheese Bowl (GF):** Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese and Spices

size: **Weight Loss:** Protein: 28g Carbs: 28g Fats: 8g Cal: 296

size: **Muscle Gain:** Protein: 45g Carbs: 40g Fat: 14g Cal: 482

size: **Low Carb/Keto (GF):** Protein: 36g Carbs: 14g Fat: 12g Cal: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese and spices

**-Honey Garlic Turkey Bowl (GF)(DF):** Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze

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 (DF)(GF):** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

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

**-Chick-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 (GF):** Protein 32g Carbs 10g Fats 5g Cal 253

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

**-Honey Mustard Chicken Bowl (DF)(GF):** Ingredients: Roasted chicken breast, sweet potato mash, seasoned broccoli, spies and side of honey mustard

Size: **Weight Loss:** Protein: 25g Carbs: 33g Fats: 12g Cal: 340

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

Size: **Low Carb/Keto (DF)(GF):** Protein: 31g Carbs: 15g Fat: 7g Calories: 247

Ingredients: : Roasted chicken breast, seasoned broccoli, honey mustard, spices

**-Turkey Burger with Mac & Cheese:** Ingredients: Ground Turkey, Pasta, Cheese Sauce, Onions, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup)

Size: **Muscle Gain:** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

**-Hibachi Grilled Skillet (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: 39g Fat: 10g Cal: 434

**-Taco Beef Protein Pockets:** (Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings  
Protein: 23g Carbs:49 Fats: 13g Calories: 405

***Lean-N-Green***

**-Steak -N-Greens LNG'(GF/DF):** Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices

Protein:35g Carbs: 12g Fat: 12g Calories:296

**-Shrimp & Broccoli LNG'(GF/DF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

Size: Lean & Green Protein:30g Carbs: 17g Fat: 8g Cal: 260

**-BBQ Shredded Beef Skillet LNG'(GF/DF):** Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce,

Spices Size: Lean & Green Protein: 42g Carbs: 14g Fat: 16g Cal: 368

**-Honey BBQ Glazed Salmon LNG'(GF/DF):** Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices

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

***Wraps***

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

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

**-Philly Cheese Wrap:** Protein: 40g Carbs: 50g Fat: 20g Calories: 532

Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone, Mozzarella Cheese

**-Honey Mustard Chicken Wrap:** Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Oven roasted chicken breast, tortilla wrap, mozzarella cheese and honey mustard

**-Taco Chicken Wrap:** Protein: 42g Carbs: 50g Fat: 16g Cal: 486

Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Salsa, Taco Seasoning, Cilantro

## **Snacks**

**-Birthday Cake Protein Donut:** Protein: 22g Carbs: 23g Fats: 8g Cal: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut oil, Sprinkles

**-New Year Protein Popper:** Protein: 24g Carbs: 27g Fat: 5g Cal: 245

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Eggs, and Sprinkles

**-Banana Nut Protein Bar with 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

**-Cherry Chocolate Energy Bites( Vegan) (GF):** Protein: 25g Carbs: 24g Fats: 22g Calories: 394

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

**-Vanilla Peanut Butter Keto Fudge (GF):** Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

## **Vegetarian/Vegan Menu Entrée**

**-Philly Cheese Lentil Bowl (GF):** Protein: 20g Carbs: 48g Fat: 12g Calories: 380

Ingredients : Lentils ,brown rice, green bell peppers, onion, mozzarella, Worcestershire sauce, spice

**-Jerk Spiced Chickpea Bowl:** Protein: 18g Carbs 47g Fats 4g Calories: 296

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

**-Black Bean Burger and Sweet Potato Mash(DF) (GF):** Protein: 16g Carbs: 55g Fat: 3g Calories: 311

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

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

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

## **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, Parmesan, 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, 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