

NEW WEEKLY MENU 12/25– 12/31 (Ship Date: 12/30)

Breakfast

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

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

-Crustless Quiche (GF): Protein:28g Carbs:4g Fat:19g Cal:299

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

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Tortilla Wrap and Spices

-Ham, Egg and Cheese Protein Pockets: (Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices
Protein: 24g Carbs:31 Fats: 9g Cal: 301

-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

-Chicken Spaghetti Bowl: Ingredients: Oven Roasted Chicken Breast, Pasta, Marinara, Spinach, Mozzarella and Parmesan Cheese, Spices

size: **Weight Loss:** Protein: 28g Carbs: 34g Fat: 8g Cal: 330

size: **Muscle Gain:** Protein: 42g Carbs: 48g Fat: 10g Cal: 450

size: **Low Carb/Keto Friendly (GF):** Protein: 32g Carbs: 13g Fats: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

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

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

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

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

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

-Taco Turkey Bowl (GF): Ingredients: Ground Turkey, Seasoned Brown Rice, Spinach, Cheddar Cheese, Taco Seasoning, Salsa

size: **Weight Loss:** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

size: **Muscle Gain:** Protein: 40g Carbs: 40g Fat: 16g Cal: 464

size: **Low Carb/Keto (GF):** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

Ingredients: Ground Turkey, Corn, Spinach, Cheddar Cheese, Taco Seasoning, Salsa

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss:** Protein 26g Carbs 30g Fats 6g Cal 274

size: **Muscle Gain:** Protein 40g Carbs 45g Fats 9g Cal 421

size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 12g Fat: 14g Cal: 302

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

-Shepards Pie Bowl (GF): Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

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

Size: **Muscle Gain:** Protein: 39g Carbs: 46g Fats: 14g Cal: 472

Size: **Low Carb/Keto (GF):** Protein: 35g Carbs: 16g Fats: 13g Cal: 321

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

-Buffalo Chicken Bowl (GF): Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices

Size: **Weight Loss (GF/DF):** Protein: 25g Carbs: 30g Fat: 5g Cal: 265

Size: **Muscle Gain (GF/DF):** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

Size: **Low Carb/Keto (GF):** Protein: 35g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Chicken Breast, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese, 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

Lean-N-Green

-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

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

-Garlic Parm Chicken Wrap Protein: 41g Carbs: 50g Fat: 10g Cal: 454
Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

-Taco Turkey Wrap: Protein: 42g Carbs: 50g Fat: 20g Cal: 548
Ingredients: Ground Turkey, Tortilla Wrap, Salsa, Cheddar Cheese, Taco Seasoning

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

-Buffalo Chicken Wrap: Protein:42g Carbs:48g Fat:14g Cal:486
Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

Snacks

-Holiday Protein Donut: Protein: 24g Carbs: 37g Fat: 8g Cal: 312
Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Food Coloring, White Chocolate Chips, Sprinkles.

-Chocolate Mint Holiday Protein Poppers: Protein: 24g Carbs: 25g Fat: 5g Cal: 237
Ingredients: Sugar Free Baking Mix, Whey Protein, Mint Extract, Egg White, Coconut Oil, Holiday Sprinkles

-Pumpkin Cheesecake Protein Bar: Protein: 24g Carbs:34g Fats:8g Cal:304
Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Sugar Free Pudding, Pumpkin Pie Spice

-Butter Pecan Energy Bites (GF): Protein: 15g Carbs: 34g Fat: 22g Cal: 394
Ingredients: Peanut Butter, Oats, Pecans, Whey Protein, Chia Seeds, Sugar Free Flavoring

-Holiday Peppermint Protein Bark (GF): Protein: 14g Carbs: 20g Fat: 30g Cal: 406
Ingredients: Organic Coconut Oil, Whey Protein, White Chocolate Chips, Sugar Free Flavoring, Peppermints

-Gingerbread Protein Bar: Protein: 24g Carbs: 34g Fat: 8g Cal:304
Ingredients: Sugar Free Baking Mix, Whey Protein, Gingerbread Mix, Eggs Sugar Free Frosting, Sugar Free Pudding, All Spice

Vegetarian/Vegan Menu Entrée

-Garlic Parm Chickpea Bowl: Protein: 14g Cabs: 57g Fat: 4g Cal: 320
Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parmesan Sauce, Parmesan, Spices

-Italian Chickpea Spaghetti Bowl: Protein:16g Carbs:50g Fats:12g Cal:374
Ingredients: Chickpeas, Pasta, Marinara, Mozzarella, Spinach, Garlic, and Spices

-Lentil Shepherd's Pie Bowl (GF): Protein: 26g Carbs: 39g Fat:14g Cal: 386
Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-Thai Peanut Tofu Bowl (GF/ DF): Protein: 15g Carbs: 45g Fat: 10g Cal: 330
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut Sauce, Spices

-Honey BBQ TOFU Bowl (GF/ DF): Protein: 19g Carbs: 59g Fats: 16g Cal: 456
Ingredients: Tofu, Jasmine Rice, Broccoli, BBQ Sauce, Honey, 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, 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