

**NEW WEEKLY MENU 12/18– 12/24 (Ship Date: 12/23)**

***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