

NEW WEEKLY MENU 12/11– 12/17 (Ship Date: 12/16)

Breakfast

- Banana Nut Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320
Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon and Walnuts
- Bacon & Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 2g Fat: 18g Cal: 298
Ingredients: Egg whites, Egg, Bacon, Cheddar Cheese, 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

- BBQ Grilled Chicken w/Roasted Red Potato (GF):** Ingredients: Grilled Chicken, Red Potato, Green Beans, BBQ Sauce, Spices
size: **Weight Loss (DF):** Protein: 25g Carbs: 32g Fat: 3g Cal: 255
size: **Muscle Gain (DF):** Protein 40g Carbs: 52g Fat: 5g Cal: 413
size: **Low Carb/Keto Friendly:** Protein: 38g Carbs: 12g Fat: 14g Cal: 318
Ingredients: Chicken Breast, Green Beans, Cheddar Cheese, BBQ Sauce, Spices
- Loaded Smashed Potato Bowl (GF):** Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices. 1oz Cup of Greek Yogurt on the side
size: **Weight Loss:** Protein: 25g Carbs: 32g Fat: 9g Cal: 309
size: **Muscle Gain:** Protein: 45g Carbs: 49g Fat: 12g Cal: 484
size: **Low Carb/Keto:** Protein: 38g Carbs: 14g Fat: 14g Cal: 334
Ingredients: Ground Turkey, Green Beans, Chili Beans, Cauliflower Mash, Cheddar Cheese, Spices. 1 oz cup of Greek Yogurt on the side
- Korean Beef Bowl (DF):** Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds and Korean Sauce
size: **Weight Loss:** Protein: 26g Carbs: 32g Fat: 5g Cal: 277
size: **Muscle Gain:** Protein: 40g Carbs: 48g Fat: 14g Cal: 478
size: **Low Carb/Keto:** Protein: 34g Carbs: 12g Fat: 10g Cal: 322
Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds
- Kung Pao Chicken Bowl (DF):** Ingredients: Chicken Breast, Basmati Rice, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds
size: **Weight Loss:** Protein: 28g Carbs: 28g Fat: 8g Cal: 296
size: **Muscle Gain:** Protein: 40g Carbs: 44g Fat: 8g Cal: 408
size: **Low Carb/Keto:** Protein: 32g Carbs: 14g Fat: 10g Cal: 274
Ingredients: Roasted Chicken Breast, Broccoli, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds
- Italian Turkey with Ziti Bowl:** Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices
Size: **Weight Loss:** Protein: 29g Carbs: 36g Fat: 9g Cal: 332
Size: **Muscle Gain:** Protein: 42g Carbs: 49g Fat: 11g Cal: 463
Size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 13g Fat: 14g Cal: 306
Ingredients: Ground Turkey, Zucchini, Marinara, Mozzarella and Parmesan Cheese, Spices
- Chicken Enchiladas w/Salsa Verde Bowl:** Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos, Cilantro
Size: **Weight Loss:** Protein: 25g Carbs: 35g Fat: 6g Cal: 294
Size: **Muscle Gain:** Protein: 30g Carbs: 43 Fat: 8g Cal: 364
Size: **Low Carb/Keto (GF):** Protein: 34g Carbs: 15g Fat: 12g Cal: 264
Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Cilantro, 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 (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
- Buffalo Chicken Protein Pockets:** (Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch
Protein: 26g Carbs: 33g Fat: 7g Cal: 299

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

-Wild Caught Salmon with Garlic Parm Asparagus LNG'(GF/DF): Ingredients: Wild Caught Salmon, Sautéed Asparagus, Garlic Parm Sauce, Herbs

Size: Lean & Green Protein: 36g Carbs: 12g Fat: 12g Cal: 300

Wraps

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

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

-Chicken Enchilada Wrap Protein: 40g Carbs: 50g Fat:14g Cal:486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

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

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

-Cheeseburger Wrap: Protein: 40g Carbs: 48g Fat: 18g Cal: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

Snacks

-Lemon Cake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: Sugar Free Baking Mix, Egg White, Whey Protein, Coconut Oil, Lemon Extract, Lemon

-Red Velvet Protein Poppers: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese Extract

-Double Fudge Protein Brownie: Protein: 24g Carbs:36g Fat:14g Cal: 366

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg, Whey Protein Powder, Sugar Free Chocolate Chips

-White Chocolate Raspberry Energy Bites: Protein: 15g Carbs: 34g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

-Butter Pecan Keto Fudge (GF): Protein: 15g Carbs: 7g Fat: 28g Cal: 496

Ingredients: Pecans, Peanut Butter, Butter Pecan Whey Protein, Coconut Oil, Splenda

Vegetarian/Vegan Menu Entrée

-Kung Pao Tofu Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Bell Peppers, Peanuts, Kung Pao Sauce, Carrots

-Veggie Loaded Smash Potato Bowl (GF): Protein: 16g Carbs: 50g Fat: 12g Cal: 372

Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices. 1oz Cup of Greek Yogurt on the side

-Italian Chickpea with Ziti Bowl: Protein: 16g Carbs: 50g Fat:12g Cal: 374

Ingredients: Chickpeas, Ziti, Marinara, Mozzarella Cheese, Spinach, Garlic, Spices

-Veggie Enchilada Wrap w/Salsa Verde: Protein: 12g Carbs: 50g Fat: 6g Cal: 360

Ingredients: Black Beans, Corn, Tortilla Wrap, Cheddar Cheese, Fresh Cilantro, Tomato, Taco Seasoning

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