

NEW WEEKLY MENU 1/22– 1/28 (Ship Date: 1/27)

Breakfast

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

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

-Western Breakfast Omelet (GF): Protein:32g Carbs:6g Fat:14g Calories:296

Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, Spices

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

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

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

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

- Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Calories: 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 Calories: 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 Calories: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

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

size: **Weight Loss** Protein: 25g Carbs: 33g Fats: 12g Calories:340

size: **Muscle Gain** Protein: 39g Carbs: 46g Fats: 14g Calories:472

size: **Low Carb/Keto Friendly (GF)** Protein: 35g Carbs: 16g Fats: 13g Calories:321

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

-BBQ Grilled Chicken with Red Potato Bowl(GF)(DF):Ingredients: Grilled Chicken Breast, Oven Roasted Red Potatoes, Green Beans, BBQ Sauce, and Spices

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 3g Calories: 255

size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 5g Calories: 413

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 12g Fat: 14g Calories: 318

Ingredients: chicken breast, green beans , cheddar, BBQ sauce, spices

-Kickin Cajun Chicken Bowl(GF)(DF): Ingredients: Shredded Chicken, Basmati Rice, Broccoli and Kickin Cajun Sauce

size: **Weight Loss** Protein 28g Carbs 32g Fats 3g Cal 267

size: **Muscle Gain** Protein 42g Carbs 48g Fats 6g Cal 414

size: **Low Carb/Keto Friendly(GF)** Protein 32g Carbs 10g Fats 8g Cal 240

Ingredients: Shredded Chicken, Broccoli, Cheddar Cheese and Kickin Cajun Sauce

-Southwest Turkey Bowl(GF): Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime

size: **Weight Loss** Protein 25g Carbs 35g Fats 6g Cal 294

size: **Muscle Gain** Protein 40g Carbs 43g Fats 8g Cal 404

size: **Low Carb/Keto Friendly:(GF)** Protein 34g Carbs 15g Fats 18g Cal 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime, Cheddar Cheese

-Italian Chicken with Cheese Tortellini: Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

Size: **Weight Loss** Protein: 29g Carbs: 36g Fats: 8g Calories: 332

Size: **Muscle Gain** Protein: 42g Carbs: 49g Fats: 10g Calories: 454

Size: **Low Carb (GF):** Protein: 32g Carbs: 13g Fats: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

Thai Peanut Chicken (DF)(GF): Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Peanut Butter, Sweet Chili Sauce, Spices

Size: **Weight Loss** Protein 28g Carbs 35g Fat 8g Cal 324

Size: **Muscle Gain** Protein 45g Carbs 50g Fats 11g Cal 479

Size: **Low Carb (DF)(GF):** Protein 33g Carbs 14g Fats 18g Cal 350

Ingredients: Chicken Breast, Mixed Vegetables, Peanut Butter, Sweet Chili Sauce and 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 Fats: 14g Calories: 494

-Hibachi Grilled Skillet (DF) (Muscle Gain):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 Fats: 10g Calories: 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 Fats: 8g Calories: 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 Fats: 16g Calories: 368

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

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

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

-Yum Yum Grilled Chicken Bowl LNG'(GF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Sautéed Onion, Carrots, Spices and a side of Yum Yum Sauce

Size: Lean & Green Protein: 35g Carbs: 16g Fats: 10g Calories: 294

Wraps

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

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

-South West Turkey Wrap Protein 40g Carbs 52g Fats 14g Cal 494

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

-Kickin Cajun Chicken Wrap: Protein 42g Carbs 48g Fats 14g Cal 486

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

-Thai Peanut Chicken Wrap (DF): Protein: 38g Carbs: 52g Fat: 14g Calories: 486

Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce and Spices

-Sweet & Spicy Beef Wrap: Protein: 40g Carbs: 54g Fat: 20g Calories: 500

Ingredients: Ground Beef, Mozzarella Cheese, Spinach and Herb Tortilla Wrap, BBQ Sauce, Cayenne Pepper

Snacks

-Very Vanilla Protein Donut: Protein: 22g Carbs: 23g Fats: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Vanilla Flavoring and Sugar Free Vanilla Protein Frosting

- Cookies & Cream Protein Poppers: Protein 24g Carbs 28g Fats 8g Cal 280

Ingredients: Sugar Free Cake Mix, Whey Protein Powder, Egg Whites, Cookies, Coconut Oil

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

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

-Low Carb Lemon Cheesecake: Protein: 26g Carbs: 12g Fat: 8g Calories: 224

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavor, Sugar Free Lemon Flavoring, and Graham Cracker

-Cranberry Orange Energy Bites: Protein: 25g Carbs: 24g Fats: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Cranberry, Walnuts, Vanilla Whey, Sugar Free Jello Flavoring

Vegetarian/Vegan Menu Entrée

-Italian Chickpea with Tortellini : Protein: 16g Carbs: 50g Fats: 12g Calories: 374

Ingredients: Chick Peas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, Spices

-Lentil Shepard's Pie Bowl (GF): Protein: 26g Carbs: 39g Fat: 14g Calories: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-Thai Peanut Tofu Bowl(DF)(GF): Protein: 15g Carbs: 45g Fat: 10g Calories: 330

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut Sauce, Spices

-Cilantro Lime Veggie Burritos (GF)(DF): Protein: 21g Carbs: 46g Fat: 11g Calories: 347

Ingredients: Black Beans, Corn, Salsa, Tortilla, Cilantro Lime 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, Parmesan, Spices (Juice Box, Protein Popper)

Chicken Nuggets & Home Fries Bowl: Protein: 10g Carbs: 32g Fat: 11g Calories: 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 Calories: 180

Ingredients: Almonds, Cinnamon, Spices

Chocolate Almond Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Calories: 190

Ingredients: Almonds, Coconut Oil, Cocoa

Honey Cinnamon Peanut Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180
Ingredients: Peanuts, Honey, Cinnamon