

NEW WEEKLY MENU 1/29– 2/4 (Ship Date: 2/3)

Breakfast

-Funfetti Protein Waffles: Protein: 22g Carbs: 45g Fat: 8g Cal: 340

Ingredients: Funfetti Pancake Mix, Whey Protein Powder, Almond Milk

-Turkey Sausage Breakfast Omelet (GF): Protein: 32g Carbs: 2g Fat: 14g Cal: 280

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

-Breakfast Hash with Red Potatoes (GF): Protein: 28g Carbs: 31g Fat: 20g Cal: 416

Ingredients: Egg Whites, Bacon, Mozzarella Cheese, Roasted Red Potatoes, Cheddar Cheese, Bell Peppers, Onions, Spices

-Egg White, Cheese and Bacon Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Bacon, 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

-Fajita Grilled Chicken Bowl (GF): Ingredients: Grilled Chicken, Basmati Rice, Sauteed Onions, Bell Peppers, Mozzarella, Cilantro, Spices

size: **Weight Loss:** Protein: 27g Carbs: 30g Fat: 8g Cal: 300

size: **Muscle Gain:** Protein: 42g Carbs: 40g Fat: 10g Cal: 418

size: **Low Carb/Keto Friendly:** Protein: 9g Carbs: 39g Fat: 12g Cal: 300

Ingredients: Grilled Chicken, Cauliflower Rice, Sauteed Onions, Bell Peppers, Mozzarella, Cilantro, Spices

-Turkey Meatball and Spaghetti Bowl: Ingredients: Ground Turkey Meatballs, Spaghetti Noodles, Marinara Sauce, Spinach, 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 Fat: 14g Cal: 306

Ingredients: Ground Turkey Meatballs, Zucchini, Marinara Sauce, Mozzarella and Parmesan Cheese, Spices

-Orange Glazed Roasted Chicken Bowl (DF/GF): Ingredients: Roasted Chicken Breast, Rice Noodles, Peas, Orange Glaze Sauce, Green Onions

size: **Weight Loss:** Protein: 25g Carbs: 32g Fat: 6g Cal: 282

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

size: **Low Carb/Keto Friendly (DF/GF):** Protein: 32g Carbs: 16g Fat: 7g Cal: 255

Ingredients: Roasted Chicken Breast, Peas, Orange Glaze Sauce, Green Onions

-Loaded Smash Potato Bowl (GF): Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices Side of Greek Yogurt 1 ounce

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 Friendly (GF):** Protein: 38g Carbs: 14g Fat: 14g Cal: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices Side of Greek Yogurt 1 ounce

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

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

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

Size: **Low Carb:** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

Ingredients: Ground Beef, Spinach, Salsa, Corn, Cheddar Cheese, Taco Seasoning, Cilantro

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

Size: **Weight Loss:** Protein: 28g Carbs: 32g Fat: 11g Cal: 339

Size: **Muscle Gain:** Protein: 42g Carbs: 48g Fat: 12g Cal: 464

Size: **Low Carb:** Protein: 32g Carbs: 10g Fat: 13g Cal: 385

Ingredients: Seasoned Shredded Chicken, Broccoli, 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: 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

-Italian Beef Ragù Bowl (DF): Ingredients: Lean Shredded Beef, Pasta, Marinara, Spinach, Mushrooms, Italian Seasoning

Size: **Muscle Gain:** Protein: 42g Carbs: 49g Fat: 16g Cal: 508

-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

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

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

Wraps

-Fajita Grilled Chicken Wrap : Protein: 40g Carbs: 50g Fat: 12g Cal: 486

Ingredients: Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella Cheese, Cilantro, Tortilla Wrap, Spices

-Turkey Meatball Wrap: Protein: 44g Carbs: 48g Fat:16g Cal: 512

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

-Taco Beef Wrap: Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Beef, Salsa, Fresh Cilantro, Cheddar Cheese, Tortilla Wrap, Taco Seasoning

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

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

-Steak Burrito Wrap*: Protein: 42g Carbs: 64g Fat: 18g Cal: 586

Ingredients: Lean Steak, Rice, Cheddar Cheese, Tortilla Wrap, Salsa, Spices

Snacks

-Caramel Apple Protein Donut: Protein: 20g Carbs: 40g Fat: 10g Cal:330

Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk, Splenda

-Lemon Cake Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Cal: 252

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

-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

-Blueberry Muffin Protein Bar: Protein: 20g Carbs:24g Fat:12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Egg, Whey Protein Powder, White Chocolate Chips

-Cookie Dough Bites: Protein: 15g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

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

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

Vegetarian/Vegan Menu Entrée

-Orange Glazed TOFU Bowl(DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Rice Noodles, Peas, Mandarin Oranges, Orange Glaze Sauce, Green Onions

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

Ingredients: Chickpeas, Pasta, Marinara, Mozzarella, Spinach, Garlic, Spices

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

Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices Side of Greek Yogurt 1 ounce

-Cabbage Steak with Roasted Red Potato (GF/DF): Protein: 10g Carbs: 47g Fat: 5g Cal: 213

Ingredients: Cabbage, Oven Roasted Red Potato, Sauteed Onions, Spices

-Vegan Fajita Bowl (GF/DF): Protein: 12g Carbs: 50g Fat: 5g Cal: 293

Ingredients: Black Beans, Basmati Rice, Onion, Bell Peppers, Spinach, Fajita 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