

**NEW WEEKLY MENU 2/5– 2/11 Ship Date: 2/10)**

***Breakfast***

**-Triple Berry Protein Waffles:** Protein :22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Almond Milk, Triple Baking Mix

**-Double Cheese Breakfast Omelet (GF):** Protein: 28g Carbs: 4g Fat: 18g Cal: 290

Ingredients: Egg whites, Egg, Mozzarella and Cheddar Cheese, Spices

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

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

**-Mediterranean Breakfast Wrap:** Protein: 32g Carbs: 51g Fat: 18g Cal: 498

Ingredients: Egg Whites, Mozzarella and Feta Cheese, Spinach, Fire Roasted Red Bell Peppers, Tomato Basil Tortilla Wrap, 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)

***ENTREE***

**-Pizza Bowl:** Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Spinach, Italian Seasoning

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Cal: 352

size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Cal: 535

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Italian Seasoning

**-Chicken Enchilada Bowl:** Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans,

Jalapenos, Fresh Cilantro, Side of Salsa Verde

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 Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Cal: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, Side of Salsa Verde

**-Buffalo Chicken with Mac Bowl:** Ingredients: Shredded Chicken, Pasta, Mixed Vegetables, Cheese Sauce, Buffalo Sauce, Spices (Ranch Cup on Side)

size: **Weight Loss** Protein: 24g Carbs: 40g Fat: 10g Cal: 346

size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

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

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

**-Beef Stroganoff Bowl:** Ingredients: Ground Beef, Orzo, Green Beans, Creamy Mushroom Sauce, Garlic, Spices

size: **Weight Loss** Protein: 25g Carbs: 36g Fat: 9g Cal: 325

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 14g Cal: 478

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 12g Fat: 10g Cal: 322

Ingredients: Ground Beef, Green Beans, Creamy Mushroom Sauce, Garlic, Spices

**-Bourbon Grilled Chicken Bowl:** Ingredients: Grilled Chicken, Seasoned Basmati Rice, Sauteed Squash, Bourbon Sauce

Size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 8g Cal: 300

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 45g Fat: 10g Cal: 430

Size: **Low Carb (GF)** Protein: 38g Carbs: 14g Fat: 9g Cal: 289

Ingredients: Grilled Chicken, Sauteed Squash, Cheddar Cheese, Bourbon Sauce

**-Garlic Ginger Chicken Bowl:** Ingredients: Oven Roasted Chicken Breast, Brown Rice, Broccoli, Cauliflower, Carrots, Garlic Ginger Sauce, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 4g Cal: 255

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 42g Fat: 6g Cal: 373

Size: **Low Carb (GF)** Protein: 32g Carbs: 12g Fat: 12g Cal: 284

Ingredients: Oven Roasted Chicken breast, Broccoli, Cauliflower, Carrots, Mozzarella Cheese, Garlic Ginger Sauce, Spices

**-Turkey Burger with Mac & Cheese:** Ingredients: Ground Turkey, Pasta, Cheese Sauce, Onion, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup) size: **Muscle Gain:** Protein: 40g Carbs: 52g Fats: 14g Calories: 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

**-Buffalo Chicken Protein Pocket:** (Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch Protein: 26g Carbs: 33g Fat: 7g Cal: 299

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

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

**-Yum Yum Chicken LNG'(GF/DF):** Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices

Size: Lean & Green Protein: 35g Carbs: 16g Fat: 10g Cal: 294

**-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 Cal: 296

## Wraps

**-Pizza Wrap:** Protein: 40g Carbs: 50g Fat: 18g Cal: 522

Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese

**-BBQ Beef Wrap:** Protein: 42g Carbs: 48g Fat: 16g Cal: 504

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, BBQ Sauce

**-Bourbon Grilled Chicken Wrap:** Protein: 34g Carbs: 50g Fat: 18g Cal: 522

Ingredients: Grilled Chicken, Cheddar Cheese, Tortilla Wrap, Bourbon Sauce

**-Chicken Taco Wrap:** Protein: 42g Carbs: 48g Fat: 14g Cal: 486

Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Salsa, Taco Seasoning, Cilantro

## Snacks

**-Birthday Cake Protein Donut:** Protein: 22g Carbs: 23g Fat: 8g Cal: 252

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

**-Chocolate Chip Protein Poppers:** Protein: 21g Carbs: 32g Fat: 10g Cal: 302

Ingredients: High Protein Baking Mix, Almond Milk, Coconut Oil, Eggs, Sugar Free Chocolate Chips, Whey Protein

**-Banana Nut Protein Bar:** Protein: 18g Carbs: 29g Fat: 12g Cal: 296

Ingredients: Banana Nut Protein Baking Mix, Eggs, Almond Milk, Whey Protein and Sugar Free Caramel Sauce

**-Cherry Chocolate Energy Bites (V):** Protein: 25g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

**-Candy Bar Keto Fudge (GF):** Protein: 15g Carbs: 9g Fat: 28g Cal: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts, Sugar Free Caramel

**-Chocolate Covered Stuffed Dates (GF/DF):** Protein: 4g Carbs: 33g Fat: 9g Cal: 210 (per 4 Stuffed Dates)

Ingredients: Dates, Almonds, Peanut Butter, Stevia, Vegan Chocolate Chips, Sea Salt

## Vegetarian/Vegan Menu Entrée

**-Veggie Enchilada Wrap:** Protein: 12g Carbs: 50g Fat: 15g Cal: 366

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

**-Black Bean Burger with Sweet Potato Mash (DF):** Protein: 16g Carbs: 55g Fat: 3g Cal: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, and Spices. (Side Spicy Ketchup)

**-Chipotle TOFU Bowl (DF/GF):** Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Seasoned Basmati Rice, Grilled Squash, Chipotle Sauce, Spices

**-Stuffed Zucchini Boats (GF):** Protein: 21g Carbs: 36g Fat: 11g Cal: 307

Ingredients: Zucchini, Chickpeas, Marinara Sauce, Spinach, Parmesan & Mozzarella Cheese, Garlic, 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 and 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