

## **NEW WEEKLY MENU 2/12– 2/18 (Ship Date: 2/17)**

### ***Breakfast***

**-Chocolate Chip Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

**-Veggie and Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 6g Fat: 14g Cal: 296

Ingredients: Egg Whites, Provolone Cheese, Mushrooms, Bell Peppers, Onions, Spinach, 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)

### ***ENTREE***

**-Chick-N-Biscuit Bowl:** Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Cal: 257

size: **Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

size: **Low Carb/Keto Friendly (GF):** Protein: 32g Carbs: 10g Fat: 5g Cal: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

**-Korean Beef Bowl (DF):** Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds, Korean Sauce

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 (DF)** Protein: 34g Carbs: 12g Fat: 10g Cal: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds

**-Honey Garlic Turkey Bowl (DF):** Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Cal: 274

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Cal: 388

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze

**-Creamy Tuscan Chicken Bowl:** Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic,

Parmesan

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 9g Cal: 301

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 12g Cal: 432

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 11g Cal: 275

Ingredients: Oven Roasted Chicken, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

**-Mesquite Grilled Chicken Bowl (GF):** Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 27g Fat: 3g Cal: 235

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 5g Cal: 365

Size: **Low Carb** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken Breast, Cheddar Cheese, Broccoli, Spices

**-Ginger Glazed Tilapia Bowl (DF):** Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

Size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 4g Cal: 259

Size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 6g Cal: 398

Size: **Low Carb** Protein: 34g Carbs: 12g Fat: 5g Cal: 229

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy 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 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

**-Pizza Protein Pocket:** Ingredients: Ground Turkey, Greek Yogurt, Flour, Pepperoni, Marinara, Mozzarella and Parmesan Cheese, Spices

Protein: 22g Carbs: 50g Fat: 13g Cal: 405 (Macros Per Pocket)

### ***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

## Lean-N-Green (Con't)

**-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

**-Chimichurri Steak Bowl LNG'(GF/DF):** Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots and Chimichurri Sauce

Size: Lean & Green Protein: 42g Carbs:13g Fat: 16g Cal: 343

### Wraps

**-Mesquite Grilled Wrap:** Protein: 34g Carbs: 50g Fat:10g Cal: 426

Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap, Spices

**-Spicy Beef Wrap:** Protein: 40g Carbs: 50g Fat: 14g Cal: 486

Ingredients: Ground Beef, Cheddar Cheese, Tomato Basil Tortilla, Jalapeno, Bell Peppers

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

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

**-Asian Inspired Chicken Wrap (DF):** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Roasted Chicken, Tortilla Wrap, Shredded Carrots, Onions, Red Pepper Flakes, Sweet and Sour Sauce

### Snacks

**-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

**-Sweet Heart Protein Donuts:** Protein: 24g Carbs: 24g Fats 5g Cal 237

Ingredients: Sugar Free Baking Mix, White Chocolate, Egg Whites, Whey Protein, Coconut Oil, Splenda, Sprinkles

**-Strawberry Shortcake Protein Bar:** Protein: 24g Carbs: 24g Fat: 8g Cal: 264

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg Whites, Whey Protein, Sugar Free Strawberry Flavoring, Graham Cracker Crumble

**-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

**-Low Carb Cherry Cheesecake:** Protein: 22g Carbs: 18g Fat: 5g Cal: 205

Ingredients: Greek yogurt, Cherries, Sugar Free Cheesecake Flavoring, Graham Cracker

### Vegetarian/Vegan Menu Entrée

**-Creamy Tuscan Chickpea Bowl:** Protein: 18g Carbs: 51g Fat: 14g Cal: 402

Ingredients: Oven Roasted Chickpeas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

**-Ginger Glazed Tofu (DF):** Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Garlic Ginger Soy Sauce, Spices

**-Mediterranean Hummus Wrap (DF):** Protein: 22g Cabs: 65g Fat: 8g Cal: 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chickpeas, Spinach

**-Black Bean Burger with Mac:** Protein: 18g Carbs:58g Fat: 13g Cal: 421

Ingredients: Black Beans, Pasta, Cheese Sauce, Bell Peppers, Oats, Garlic, Spices (Side of Spicy Ketchup)

### 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