

**NEW WEEKLY MENU 2/19– 2/25 Ship Date: 2/24)**

***Breakfast***

**-Apple Cinnamon Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Apple Cinnamon Baking Mix, Protein Pancake Mix, Apple Sauce, Almond Milk, Cinnamon

**-Ham & Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 2g Fat: 14g Cal: 280

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

**-Breakfast Burrito:** Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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***

**-Sweet & Spicy Meatball Bowl (DF):** Ingredients: Ground Beef, Potato Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

size: **Weight Loss** Protein: 25g Carbs: 31g Fat: 8g Cal: 296

size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 11g Cal: 443

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 15g Fat: 10g Cal: 290

Ingredients: Ground Beef, Cauliflower Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

**-Chicken Bacon Ranch Bowl:** Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 10g Cal: 314

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Cal: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Cal: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

**-Greek Turkey Bowl (GF):** Ingredients: Ground Turkey, Brown Rice, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese, Spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 8g Cal: 304

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 12g Cal: 448

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 10g Cal: 258

Ingredients: Ground Turkey, Zucchini, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese, Spices

**-Stuffed Bell Pepper Bowl (GF):** Ingredients: Ground Turkey, Quinoa, Tomato Sauce, Bell Peppers, Spinach, Parmesan, Mozzarella, Spices

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 8g Cal: 312

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 10g Cal: 430

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 15g Fat: 9g Cal: 277

Ingredients: Ground Turkey, Green Beans, Tomato Sauce, Bell Peppers, Spinach, Parmesan and Mozzarella Cheese, Spices

**-Jerk Grilled Chicken Bowl:** Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

Size: **Weight Loss (DF) Protein:** 25g Carbs: 30g Fat: 6g Cal: 274

Size: **Muscle Gain (DF) Protein:** 40g Carbs: 48g Fat: 9g Cal: 424

Size: **Low Carb (GF) Protein:** 38g Carbs: 12g Fat: 18g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

**-Teriyaki Chicken Bowl (DF):** Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

Size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Cal: 277

Size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Cal: 408

Size: **Low Carb** Protein: 31g Carbs: 15g Fat: 7g Cal: 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki 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

**-Honey BBQ Glazed Salmon with Sautéed 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

**-Parm Crusted Tilapia Bowl LNG'(GF):** Ingredients: Baked Tilapia, Squash, Zucchini, Parmesan, Garlic, Spices

Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Cal: 260

## ***Wraps***

**-Chicken Bacon Ranch Wrap:** Protein: 46g Carbs: 50g Fat: 20g Cal: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning, Tortilla

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

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

**-Sweet & Spicy Meatball Wrap:** Protein: 40g Carbs: 54g Fat: 20g Cal: 500

Ingredients: Ground Beef Meatballs, Mozzarella Cheese, Spinach and Herb Tortilla, Sweet and Spicy BBQ Sauce, Onion, Jalapeno

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

Ingredients: Oven Roasted Chicken, Whole Wheat Tortilla Wrap, Shredded Carrots, General Tso Sauce

## ***Snacks***

**-Orange Dream Protein Poppers:** Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

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

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

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

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chip

**-Trail Mix Energy Bites:** Protein: 15g Carbs: 42g Fat: 22g Cal: 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries, Raisins

**-Turtle Cheesecake:** Protein: 25g Carbs: 32g Fat: 9g Cal: 309

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Whey Protein, Coconut Oil, Pecans, Chocolate Chips, Sugar Free Caramel

**-Chocolate PB Keto Fudge (GF):** Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

## ***Vegetarian/Vegan Menu Entrée***

**-Veggie Greek Pasta Salad:** Protein: 16g Carbs: 50g Fat: 12g Cal: 372

Ingredients: Pasta, Chickpeas, Kale, Black Olives, Red Onion, Balsamic Vinaigrette, Seasoning

**-Jerk Spiced Chickpea Bowl (GF/DF):** Protein: 18g Carbs: 47g Fat: 4g Cal: 296

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

**-Lentil Stuffed Peppers (GF):** Protein: 26g Carbs: 39g Fat: 14g Cal: 386

Ingredients: Lentils, Marinara, Parmesan Cheese, Spices, Mozzarella Cheese, Bell Peppers, Brown Rice

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

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki 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 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