

NEW WEEKLY MENU 3/5– 3/11 Ship Date: 3/10

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

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

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

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, 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

-Philly Bowl (GF): Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Cal: 296

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Cal: 482

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 14g Fat: 12g Cal: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

-Chipotle Grilled Chicken Bowl (GF): Ingredients: Grilled Chicken, Squash, Seasoned Rice, Chipotle Sauce, Spices

size: **Weight Loss** Protein: 25g Carbs:25g Fats: 11g Cal: 299

size: **Muscle Gain** Protein: 40g Carbs: 40g Fats: 16g Cal: 464

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fats: 12g Cal: 284

Ingredients: Grilled Chicken, Squash, Chipotle Sauce, Cheddar Cheese, Spices

-Loaded Smash Potato Bowl (GF): Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili

Seasoning, Spices, Side of Greek Yogurt 1oz Cup

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** Protein: 38g Carbs: 14g Fat: 14g Cal: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices. 1oz Cup of Greek Yogurt on the side

-Italian Turkey with Ziti: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Cal: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Cal: 463

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesan, Spices

-BBQ Shredded Chicken with Bacon Mac Bowl: Ingredients: Shredded Chicken Breast, Pasta, Mixed Vegetables, Cheese Sauce, Bacon,

BBQ Sauce, Spices

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: 34g Carbs: 15g Fat: 16g Cal: 340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Mixed Vegetables, Cheese Sauce, BBQ Sauce

-Kung Pao Chicken Bowl (DF): Ingredients: Chicken Breast, Basmati Rice, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds

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/ Keto Friendly** Protein: 32g Carbs: 14g Fat: 10g Cal: 274

Ingredients: Roasted Chicken Breast, Broccoli, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds

-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

-Taco Beef Pocket: (Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings

Protein: 23g Carbs:49 Fat: 13g Cal: 405

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

-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

Lean-N-Green (Con't)

-Chimichurri Steak LNG'(DF/GF): Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce
Size: Lean & Green Protein: 42g Carbs: 13g Fat: 16g Cal :343

Wraps

-Philly Cheese Wrap: Protein: 25g Carbs: 35g Fat: 6g Cal: 294

Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone and Mozzarella Cheese

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

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

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

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

-Italian Turkey Wrap: Protein: 40g Carbs: 50g Fat: 18g Cal: 522

Ingredients: Ground Turkey, Mozzarella, Tortilla, Parmesan, Marinara Sauce, Spices

Snacks

-Double Chocolate Protein Donuts: Protein: 24g Carbs: 27g Fat: 5g Cal: 245

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, White Chocolate Chips, Sugar Free Frosting

-Strawberry Shortcake Poppers: Protein: 24g Carbs: 21g Fat: 5g Cal: 217

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

-Lemon Pound Cake Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

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

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

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

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

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

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

Vegetarian/Vegan Menu Entrée

-Chickpea with Ziti: Protein:16g Carbs: 50g Fat: 12g Cal: 374

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

-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 1oz Cup

-Philly Lentil Bowl (GF): Protein: 20g Carbs: 48g Fat: 12g Cal: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spices

-Kung Pao Tofu Bowl (DF): Protein: 15g Carbs 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Bell Peppers, Peanuts, Carrots, Kung Pao Sauce, 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