

**NEW WEEKLY MENU 3/26– 4/1 (Ship Date: 3/31)**

***Breakfast***

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

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

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

**-Ham & Cheese Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Ham, 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***

**-Italian Chicken and Tortellini Bowl:** Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

size: **Weight Loss:** Protein: 29g Carbs: 36g Fat: 8g Cal: 332

size: **Muscle Gain:** Protein: 42g Carbs: 49g Fat: 10g Cal: 454

size: **Low Carb/Keto Friendly (GF):** Protein: 32g Carbs: 13g Fat: 9g Cal: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Mozzarella and Parmesan Cheese

**-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

**-Sweet Chili Chicken Bowl (GF):** Ingredients: Grilled Chicken, Basmati Rice, Squash, Bell Peppers, Sweet Chili Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs:35g Fat: 6g Cal: 294

size: **Muscle Gain (DF)** Protein: 40g Carbs:43g Fat: 8g Cal: 404

size: **Low Carb/Keto Friendly** Protein: 34g Carbs:15g Fat: 18g Cal: 318

Grilled Chicken, Seasoned Squash, Bell Peppers, Mozzarella Cheese, Sweet Chili Sauce

**-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** Protein: 34g Carbs: 12g Fat: 10g Cal: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce and 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** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

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

**-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

**-Philly Cheese Protein Pocket:** Ingredients: Ground Beef, Mozzarella and Provolone Cheese, Green Bell Peppers, Onions, Greek Yogurt, Flour,

and Seasonings

Protein: 23g Carbs:49 Fat: 13g Cal: 405 (Macros Per Pocket)

***Lean-N-Green***

**-Shrimp & Broccoli (GF/DF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

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

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

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

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

**-BBQ Shredded Beef Skillet (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

### ***Wraps***

**-Italian Chicken Wrap:** Ingredients: Roasted Chicken, Tortilla Wrap, Marina Sauce, Mozzarella and Parmesan Cheese, Spices  
Protein 40g Carbs 50g Fats 12g Cal 468

**-Beef Mexi Melt Wrap:** Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Beef, Cheddar, Tortilla Wrap, Salsa, Black Beans, Taco Seasoning

**-Sweet Chili Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 14g Cal: 486

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Bell Peppers, Sweet Chili Sauce, Tortilla, Spices

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

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

### ***Snacks***

**-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

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

Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples, Coconut Oil, Sugar Free Caramel, Peanuts

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

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

**-White Chocolate Raspberry Energy Bites (GF):** 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

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

Ingredients: Coconut Oil, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Walnuts

### ***Vegetarian/Vegan Menu Entrée***

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

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

**-Italian Chickpea with Cheese Tortellini :** Protein: 16g Carbs: 50g Fat: 12g Cal: 374

Ingredients: Chick Peas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, Spices

**-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

**-Buffalo Cauliflower Bites (GF/DF):** Protein: 9g Carbs: 57g Fat: 5g Cal: 309

Ingredients: Cauliflower, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices, Side Cup of Ranch

### ***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