

NEW WEEKLY MENU 3/12– 3/18 (Ship Date: 3/17)

Breakfast

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

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

-Crustless Quiche (GF): Protein: 28g Carbs: 4g Fat: 19g Cal: 299

Ingredients: Eggs, Milk, Cheddar, Parmesan, and Mozzarella Cheese, Green Onions, Ham, Spinach, Spices

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella and Parmesan Cheese, Greek Yogurt, Spinach, Marinara Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Cal: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Cal: 490

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

Ingredients: Ground Beef, Zucchini, Parmesan and Mozzarella Cheese, Greek Yogurt, Marinara Sauce, Spices

-BBQ Grilled Chicken w/ Red Potato Bowl (GF): Ingredients: Grilled Chicken, Red Potato, Green Beans, BBQ Sauce, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 3g Cal: 255

size: **Muscle Gain (DF)** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, BBQ Sauce, Spices

-Southwest Turkey Bowl (GF): Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Lime

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

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime, Cheddar Cheese

-Thai Peanut Chicken Bowl (DF/GF): Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Peanut Butter, Sweet Chili Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 35g Fat: 8g Cal: 324

size: **Muscle Gain** Protein: 45g Carbs: 50g Fat: 11g Cal: 479

size: **Low Carb/Keto Friendly** Protein: 33g Carbs: 14g Fat: 18g Cal: 350

Ingredients: Chicken Breast, Mixed Vegetables, Peanut Butter, Sweet Chili Sauce, Spices

-Italian Turkey Meatball Bowl: Ingredients: Ground Turkey Meatballs, Spaghetti Noodles, Marinara Sauce, Spinach, Parmesan Cheese, Spices

Size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 8g Cal: 330

Size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 10g Cal: 450

Size: **Low Carb (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Ground Turkey Meatballs, Zucchini, Marinara Sauce, Mozzarella and Parmesan Cheese, Spices

-Tikka Masala Bowl (GF): Ingredients: Oven Roasted Chicken, Basmati Rice, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

Size: **Weight Loss** Protein: 27g Carbs: 30g Fat: 4g Cal: 264

Size: **Muscle Gain** Protein: 41g Carbs: 44g Fat: 6g Cal: 394

Size: **Low Carb** Protein: 34g Carbs: 11g Fat: 5g Cal: 255

Ingredients: Oven Roasted Chicken, Broccoli, Tikka Masala Sauce, Fresh Cilantro and 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

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

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, Chimichurri Sauce

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

Wraps

-Italian Beef Wrap: Ingredients: Ground beef, Tortilla Wrap, Mozzarella and Parmesan Cheese, Marinara Sauce, Spices
Protein: 40g Carbs: 50g Fat: 18g Cal: 522

-South West Turkey Wrap: Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Cheddar Cheese

-Thai Peanut Chicken Wrap (DF): Protein: 38g Carbs: 52g Fat: 14g Cal: 486

Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce, Spices

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

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

-Italian Meatball Wrap: Protein: 44g Carbs: 48g Fat: 16g Cal: 512

Ingredients: Ground Turkey Meatballs, Tortilla Wrap, Mozzarella and Parmesan Cheese, Marinara Sauce, Spices

Snacks

-Cookies & Cream Protein Poppers: Protein: 24g Carbs: 28g Fat: 8g Cal: 280

Ingredients: Sugar Free Cake Mix, Whey Protein Powder, Egg Whites, Cookies, Coconut Oil

-Coconut Lime Protein Donuts: Protein: 22g Carbs: 23g Fat: 10g Cal: 270

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Key Lime Extract, Sugar Free Lime Jello, Coconut, Keto White Chocolate Chips

-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

-Trail Mix Energy Bites(GF): 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

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

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips

Vegetarian/Vegan Menu Entrée

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Cal: 386

Ingredients: Pasta, Mozzarella and Parmesan Cheese, Greek Yogurt, Spinach, Zucchini, Marinara Sauce, Spices

-Thai Peanut Tofu (DF): Protein: 15g Carbs: 45g Fat: 10g Cal: 330

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut Sauce, Spices

-Chick Pea Spaghetti: Protein: 16g Carbs: 50g Fat: 12g Cal: 374

Ingredients: Chick Peas, Pasta, Marinara, Mozzarella, Spinach, Garlic, Spices

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

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices. (Side 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: 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